HERBS & SPICES
checklist

- [ ] Parsley
- [ ] Sage
- [ ] Rosemary
- [ ] Thyme
- [ ] Basil
- [ ] Oregano
- [ ] Bay Leaves
- [ ] Italian Seasoning
- [ ] Onion Powder
- [ ] Garlic Powder
- [ ] Curry Powder
- [ ] Mustard
- [ ] Cumin
- [ ] Cinnamon
- [ ] Cloves
- [ ] Nutmeg
- [ ] Ginger
- [ ] Red Pepper Flakes
- [ ] Paprika
- [ ] Cayenne
- [ ] Chili Powder

