

The Menu(Template)

Make a list of the food and drink you consume. Creating your menu will help prevent overbuying and prevent buying everything you like each week, which can lead to waste and/or burnout.

Buy different foods and drinks in different weeks for variety.

Off-path foods are things you enjoy eating when you are off the path staying at The Inn. It may be wise not to keep off-path food in the house until you are off path. Or, never keep them in the house and go out when you want something at The Inn.

We have included starter categories below. Organize them as you wish.

The Menu

Meats

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Grains/tubors

-

Vegetables

-

Dairy

-

Fruit

-

Nuts

-

Drinks

-

Herbs and Seasonings

-

Condiments

-

Misc.

-

The menu at The Inn(Off path)

Off-path foods should only be eaten off-path. The pursuit of good food is the pursuit of pleasure, which cannot be fulfilled. Eat for path-performance while on the path.

Musashi Dokkōdō Precept 13 | Do not pursue the taste of good food

The menu at The Inn

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No list

Foods you tried that did not work out for you.

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