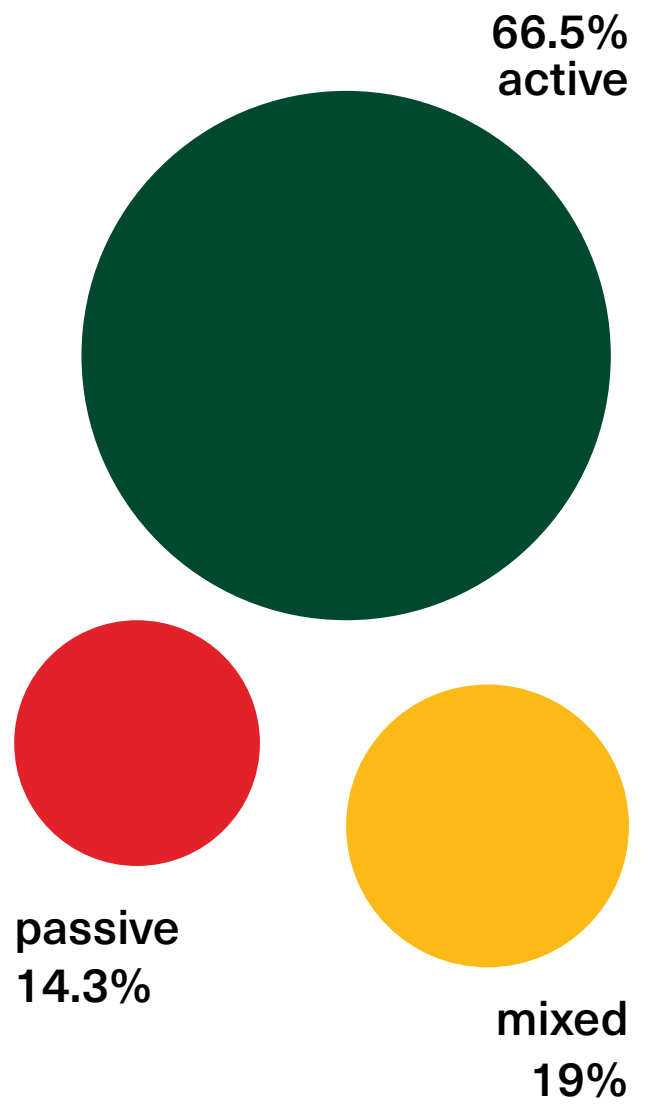
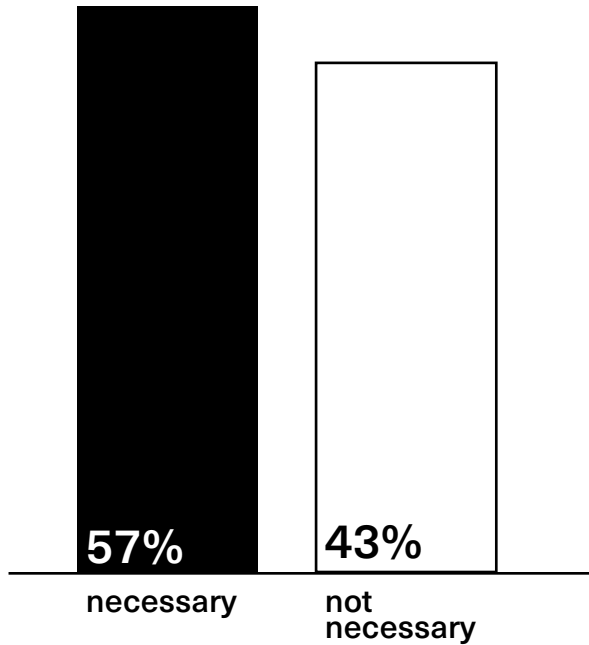


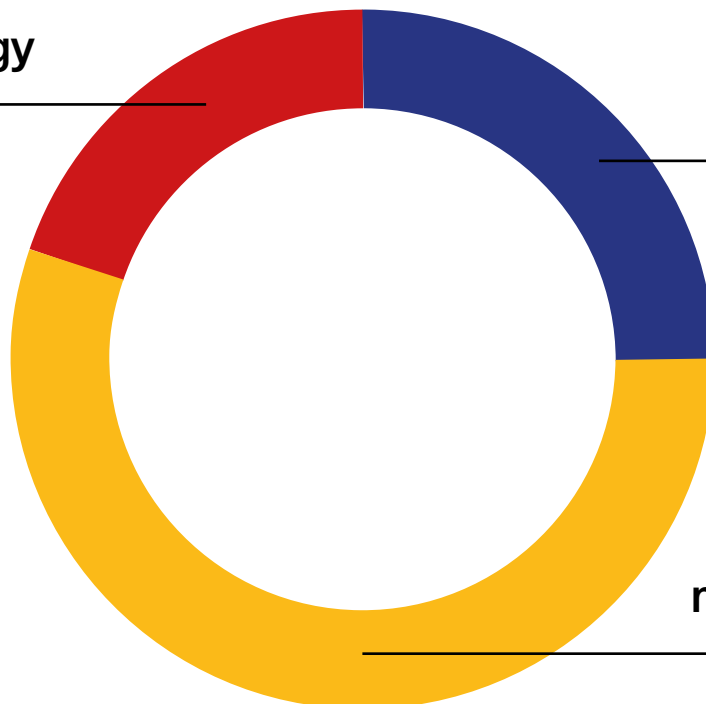
# MORNING ROUTINE TASKS



high energy  
20%

low energy  
25%

medium energy  
55%

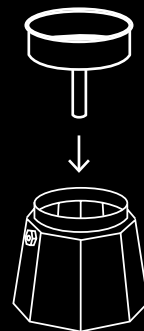


# Moka Pot Routine

- 1** Fill the bottom chamber with water up to the valve



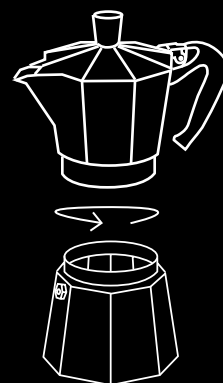
- 2** Insert the filter basket



- 3** Fill the basket with ground coffee (level, don't press!)



- 4** Screw the top and bottom tightly together



- 5** Place on the stove over medium heat

when it starts bubbling out, remove from heat



- 6** Pour and enjoy!

