

Basic location setup for Eli

This document outlines Eli's needs. This is the minimum viable setup that Eli needs to live and work happily in a new location.

If you're hosting Eli and are invested in helping him set up a good work environment, getting all the things on this list is sufficient for him. With all of the following, I can show up somewhere and get to work.

Food

Cooking implements

Either...

- A stove, with
 - an unscratched, undamaged, large frying pan
 - a spatula
 - a bottle of either olive or avocado oil.
- A toaster *oven* that can be used to cook broccoli and vegan proteins.
- At least a single metal fork

All of the following food items can be purchased from Whole Foods Market via amazon, and delivered.

Staples

- Green Vegetables
 - Frozen broccoli
 - Fresh organic Kale
 - Fresh organic broccoli
- Some kind of vegan protein (ideally without seed oils)
 - Tofu (some basic flavoring is nice, so long as the flavoring lacks seed oils)
 - Examples
 - [one](#)
 - [two](#)
 - [three](#)
 - Plain tempe
 - Black lentils
 - Frozen Dr. Prager's Vegan Chicken Tenders
 - Impossible / beyond sausages
- A tub of earthbalance
- Olive oil or avocado oil

Some other food that nice to have

- Potatoes
- Brussel sprouts
- Vital farms eggs
 - Non-vital farms eggs are no good. I'd rather have no eggs than non-vital farms eggs.
- Barbecue sauce, without high fructose corn syrup or mustard ingredients. [[This](#) brand works]
- Huel or Soylent

Exercise

Ideal

- A gym,
 - with a barbell, plates, a squat rack (with squat arms), and space to deadlift,
 - within a 10 minute walk of my sleep space or workspace
- A place to do pull ups
 - within a 10 minute of my sleep space or workspace

[I can make do without the ability to do squats and deadlifts conveniently, but it is a major hit to my quality of life.]

Sleep

Essentials

- A bed
- The ability to block out all the light in the room where I'm sleeping.
 - Possibilities
 - Very effective, floor to ceiling blackout curtains.
 - Putting a bed or sleep pad in a closet
- A way to make the sleeping environment cool
 - Possibilities
 - A fan placed a few feet away from the bed / sleep pad
 - An air conditioner with directional vents placed a few feet away from the bed / sleep pad
 - Central a/c with a thermostat.

Nice to haves

- Access to a 100+ degree sauna

Workspace

Essentials

- A desk with a chair, in a closed, quiet, room free of visual distractions or disruptions, with a 90 or 100 watt usb-c charger, and an external monitor.
 - Ideally a standing desk that moves up and down.
 - Ideally, a kneeling chair.
- A sound isolated room in which to take calls.

Nice to haves

- Whiteboards (the best brand of stick-on whiteboard is post it, which [come in several sizes](#)).