

THE ESSENTIALS: A GUIDE TO BUILDING A WELL-STOCKED KITCHEN



BEFORE YOU LOOK AT THIS LIST AND FREAK OUT, TRUST ME WHEN I SAY YOU DON'T HAVE TO RUN TO THE SUPERMARKET AND BUY *ALL THE THINGS*. THIS IS SIMPLY A LIST OF INGREDIENTS YOU'LL FIND MOST OFTEN IN MY RECIPES, FROM PANTRY AND FREEZER STAPLES TO FRESH INGREDIENTS THAT YOU'LL WANT TO BUY THE SAME WEEK YOU PLAN TO COOK WITH THEM.

TRUST ME - HAVING A WELL-STOCKED KITCHEN MAKES COOKING *THAT MUCH MORE ENJOYABLE!*

Pantry

Baking Ingredients:

- All-purpose flour
- Almond flour
- Old-fashioned rolled oats
- Whole wheat or whole wheat pastry flour
- Baking powder
- Baking soda
- Chia and flax seeds
- Corn meal
- Cornstarch
- Brown sugar
- Granulated sugar
- Honey
- Vanilla extract
- Dark chocolate chips
- Dried fruit
- Coconut

Assorted Ingredients:

- Nuts and seeds (assorted)
- Nut or seed butters
- Panko breadcrumbs
- Pasta
- Brown rice
- Lentils and ancient grains
- Canned beans and tomatoes
- Coconut milk
- Tomato paste
- Stock or broth (chicken, vegetable, beef)
- Bouillon (low sodium)

Aromatics:

- Lemons, limes
- Onions, shallots
- Ginger
- Garlic

Oils:

- Avocado (or neutral) oil
- Extra virgin olive oil
- Coconut oil
- Sesame oil
- Cooking spray

Vinegars:

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Rice wine vinegar
- White wine vinegar

Herbs & Spices:

- Bay leaves
- Black pepper
- Cayenne pepper
- Celery seeds or salt
- Chili powder
- Cinnamon
- Coriander
- Cumin
- Dill
- Garam masala
- Garlic powder
- Ginger
- Italian seasoning
- Kosher or sea salt
- Minced onion
- Mustard powder
- Nutmeg
- Onion powder
- Oregano leaves
- Red pepper flakes
- Rosemary
- Sage
- Smoked paprika

Fridge

- Butter
- Dijon mustard
- Ketchup
- Maple syrup
- Mayonnaise
- Sriracha
- Worcestershire sauce
- Yogurt
- Salad and dark leafy greens, lettuce
- Assorted fruits
- Assorted vegetables

Freezer

- Assorted fruit and berries
- Assorted vegetables and dark leafy greens
- Beef
- Fish and seafood
- Pork
- Poultry

Kitchen Supplies

- Chef's knife
- Cutting board(s)
- Non-stick skillet(s)
- Stainless steel skillet(s)
- Saucepans
- Dutch oven and/or soup pot
- Baking sheets and pans
- Muffin tin
- Stand or hand mixer
- Mixing bowls
- Measuring cups and spoons
- Vegetable peeler, microplane
- Wooden spoons, spatulas, whisk
- Colander
- Food processor and/or blender