

Kitchen Essentials Checklist

COOKWARE

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|-----------------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Non-stick frying pan | <input type="checkbox"/> Baking sheet |
| <input type="checkbox"/> Cast iron skillet | <input type="checkbox"/> Roasting pan |
| <input type="checkbox"/> Stainless steel frying pan | <input type="checkbox"/> Glass baking dish |
| <input type="checkbox"/> Saucepan (S, M, and L) | <input type="checkbox"/> Muffin tin |
| <input type="checkbox"/> Stockpot | <input type="checkbox"/> Pie dish |
| <input type="checkbox"/> Dutch oven | <input type="checkbox"/> Loaf pan |
| <input type="checkbox"/> Casserole dish | <input type="checkbox"/> Cooling rack |
| | <input type="checkbox"/> Steamer basket |

UTENSILS

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|----------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Chef's knife | <input type="checkbox"/> Vegetable peeler |
| <input type="checkbox"/> Paring knife | <input type="checkbox"/> Box grater |
| <input type="checkbox"/> Bread knife | <input type="checkbox"/> Measuring cups |
| <input type="checkbox"/> Cutting board | <input type="checkbox"/> Measuring spoons |
| <input type="checkbox"/> Spatula | <input type="checkbox"/> Kitchen shears |
| <input type="checkbox"/> Tongs | <input type="checkbox"/> Mixing bowls |
| <input type="checkbox"/> Wooden spoon | <input type="checkbox"/> Colander |
| <input type="checkbox"/> Slotted spoon | <input type="checkbox"/> Fine mesh strainer |
| <input type="checkbox"/> Whisk | <input type="checkbox"/> Ladle |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Pastry brush |

FOOD STORAGE

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|--------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Food storage containers | <input type="checkbox"/> Parchment paper |
| <input type="checkbox"/> Plastic wrap | <input type="checkbox"/> Ziplock bags (various sizes) |
| <input type="checkbox"/> Aluminum foil | <input type="checkbox"/> Glass jars for dry goods |

SMALL APPLIANCES

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|-----------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Toaster | <input type="checkbox"/> Rice cooker |
| <input type="checkbox"/> Blender | <input type="checkbox"/> Electric kettle |
| <input type="checkbox"/> Food processor | <input type="checkbox"/> Coffee maker |
| <input type="checkbox"/> Electric mixer | <input type="checkbox"/> Immersion blender |
| <input type="checkbox"/> Slow cooker | <input type="checkbox"/> Microwave |

KITCHEN LINENS

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| <input type="checkbox"/> Dish towels | <input type="checkbox"/> Oven mitts |
| <input type="checkbox"/> Pot holders | <input type="checkbox"/> Apron |

ORGANIZATION AND CLEANING

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|--------------------------------------------|------------------------------------------------------------------------------|
| <input type="checkbox"/> Trash can | <input type="checkbox"/> Dish drying rack |
| <input type="checkbox"/> Recycling bin | <input type="checkbox"/> Paper towel holder |
| <input type="checkbox"/> Drawer organizers | <input type="checkbox"/> Cleaning supplies (dish soap, sponges, scrub brush) |

BASIC TABLEWARE

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|-----------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Plates | <input type="checkbox"/> Wine glasses |
| <input type="checkbox"/> Bowls | <input type="checkbox"/> Serving platters |
| <input type="checkbox"/> Flatware (forks, knives, spoons) | <input type="checkbox"/> Serving bowls |
| <input type="checkbox"/> Drinking glasses | <input type="checkbox"/> Salt and pepper shakers |
| <input type="checkbox"/> Coffee mugs | <input type="checkbox"/> Trivet |

Food: Essential Versatile Staples

Here's a list of fundamental food staples that can be utilized to craft a wide range of dishes. Feel free to tailor this list according to your dietary preferences and personal tastes.

PANTRY STAPLES

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|------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <input type="checkbox"/> Rice (white, brown, or other varieties) | <input type="checkbox"/> Baking powder |
| <input type="checkbox"/> Pasta (assorted shapes and sizes) | <input type="checkbox"/> Baking soda |
| <input type="checkbox"/> Dried beans and lentils | <input type="checkbox"/> Cornstarch |
| <input type="checkbox"/> Canned beans (black, kidney, chickpeas, etc.) | <input type="checkbox"/> Salt (table salt, kosher salt, sea salt) |
| <input type="checkbox"/> Canned tomatoes (diced, crushed, or whole) | <input type="checkbox"/> Cooking oil (olive oil, canola oil, coconut oil) |
| <input type="checkbox"/> Tomato sauce and/or paste | <input type="checkbox"/> Vinegars (white, apple cider, balsamic, red wine) |
| <input type="checkbox"/> Broths and stocks (chicken, beef, vegetable) | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Oats (rolled or steel-cut) | <input type="checkbox"/> Honey |
| <input type="checkbox"/> Flour (all-purpose, whole wheat, etc.) | <input type="checkbox"/> Peanut butter or other nut butters |
| <input type="checkbox"/> Sugar (white, brown, powdered) | <input type="checkbox"/> Nuts (almonds, walnuts, peanuts, etc.) |
| <input type="checkbox"/> Seeds (chia, flax, sunflower, etc.) | <input type="checkbox"/> Crackers and/or rice cakes |
| <input type="checkbox"/> Dried fruits (raisins, apricots, dates, etc.) | <input type="checkbox"/> Bread |
| | <input type="checkbox"/> Cereal and/or granola |

SPICES AND HERBS

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|----------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Black pepper | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Onion powder | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Red pepper flakes |
| <input type="checkbox"/> Bay leaves | |

REFRIGERATOR STAPLES

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|------------------------------------------------|--------------------------------------------------------------|
| ■ Milk or non-dairy milk alternatives | ■ Condiments (ketchup, mustard, mayonnaise, hot sauce, etc.) |
| ■ Eggs | ■ Salad dressings |
| ■ Butter | ■ Salsa |
| ■ Cheese (cheddar, mozzarella, Parmesan, etc.) | ■ Pickles |
| ■ Yogurt (plain, Greek, or non-dairy) | ■ Olives |
| ■ Fresh fruits and vegetables | ■ Jam or jelly |
| ■ Leafy greens (spinach, kale, lettuce, etc.) | |

FREEZER STAPLES

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|----------------------------|-----------------------------------|
| ■ Frozen vegetables | ■ Frozen fish and seafood |
| ■ Frozen fruits | ■ Bread products |
| ■ Frozen meats and poultry | ■ Ice cream/other frozen desserts |