KITCHEN ESSENTIALS CHECKLIST

COOKWARE:

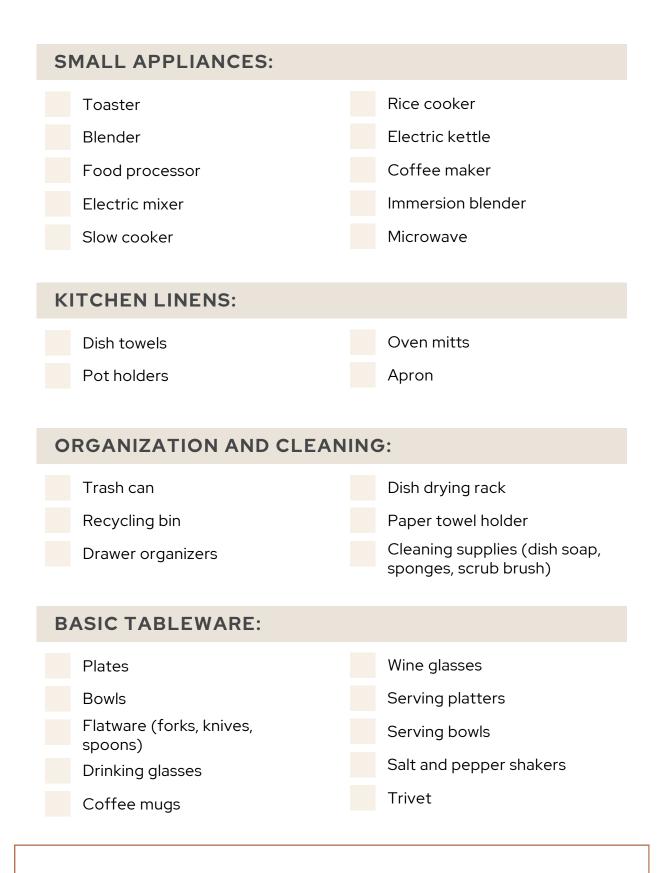


UTENSILS:



FOOD STORAGE:

Food storage containers
Plastic wrap
Aluminum foil
Class jars for dry goods



Food: List of basic food staples that are versatile and can be used to create a variety of dishes. You can customize this list based on your dietary preferences and personal tastes.

PANTRY STAPLES:

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

SPICES AND HERBS:





FREEZER STAPLES:

- Frozen vegetables (peas, corn, green beans, etc.)
- Frozen fruits (berries, mango, pineapple, etc.)
- Frozen meats and poultry (chicken breasts, ground beef, etc.)

Frozen fish and seafood

Bread products (loaves, bagels, tortillas, etc.)

Ice cream or other frozen desserts