



# Key:

\* **Items we assume you have or will get** (These are essential, **low-cost** items used frequently. If you currently have none of these, buying all of them will cost ~\$150.)

+ **Items we strongly recommend you get** (These are **more expensive** items used very frequently.)

APPLIANCES	TOOLS		COOKWARE
<p><b>SMALL</b></p> <p><b>Hand mixer</b> (or Kitchenaid)</p> <p><b>Small blender</b> (such as Nutribullet for sauces/spices, optional)</p> <p><b>LARGE</b></p> <p>+ <b>Food processor</b></p> <p>+ <b>High-speed blender</b> (see our blender <a href="#">review here</a>)</p>	<p><b>SMALL</b></p> <p><b>Box grater</b> (or grater attachment on food processor)</p> <p>* <b>Can opener</b></p> <p>* <b>Chef knife set</b> (2 large, 1 medium, 1 paring, 1 serrated)</p> <p>* <b>Measuring cup set</b></p> <p>* <b>Measuring spoons set</b></p> <p>* <b>Metal spatula</b></p> <p><b>Pastry Brush</b></p> <p><b>Pepper grinder</b></p> <p>* <b>Rubber spatula</b></p> <p><b>Salt box</b> (or grinder)</p> <p><b>Vegetable peeler</b> (for peeling / making vegetable noodles)</p> <p>* <b>Whisk</b></p> <p>* <b>Wooden spoon</b></p>	<p><b>LARGE</b></p> <p><b>Cooling racks</b> (that double as cooking racks)</p> <p>* <b>Fine mesh strainers</b> (large &amp; small)</p> <p><b>Large cutting board</b></p> <p>+ <b>Mixing bowl set</b> (at least 1 large, 1 medium, 1 small)</p>	<p><b>Dutch oven</b></p> <p>+ <b>Large (12-inch or larger) cast iron skillet</b> (or stainless steel or nonstick, make sure oven-friendly)</p> <p>+ <b>Stainless steel</b></p>
STORAGE/EXTRAS			BAKEWARE
<p><b>Glass jars or containers</b> (like IKEA, for storing produce / leftovers)</p> <p><b>Parchment paper</b> (or <a href="#">baking pan liners</a>)</p> <p><b>Reusable bags</b> (like Stasher, for storing produce / leftovers)</p>			<p><b>8x8-inch baking pan</b></p> <p><b>9x13-inch baking pan</b></p> <p><b>Standard loaf pan</b></p> <p>+ <b>Baking sheets</b> (2 large)</p>



STAPLE PRODUCE	NUTS	BAKING ESSENTIALS	HERBS / SPICES
Avocados Cilantro Garlic Ginger (Fresh) Gold Potatoes Jalapeño Peppers Lemons Limes Onions (Red, White, Yellow) Parsley Serrano Peppers Shallots Sun-dried Tomatoes Sweet Potatoes Turmeric (Fresh)	Almonds (Raw) Cashews (Raw) Coconut (Finely Shredded) Peanuts (Roasted)	Applesauce Baking Powder Baking Soda Unsweetened Cocoa Powder Pure Vanilla Extract Vegan Dark Chocolate Chips ( <a href="#">Enjoy Life brand</a> )	Basil (Dried) Black Pepper (ground or whole) Cayenne Pepper Chili Powder Blend Cinnamon (Ground) Coriander (Ground) Cumin (Ground) Curry Powder (or <a href="#">DIY</a> ) Dill (Dried) Garlic Powder Ginger (Fresh or Dried Ground) Oregano (Dried) Paprika (Smoked) Red Pepper Flake(s) Sea Salt Turmeric (Ground)
	SEEDS		
	Chia Seeds (optional) Flaxseed Hemp Seeds	FLOURS & MEALS *CHECK OUT OUR <a href="#">GUIDE TO GLUTEN- FREE FLOURS!</a>	
	NUT & SEED BUTTER	Almond Flour ( <a href="#">Wellbees</a> is our favorite, or <a href="#">DIY</a> ) Arrowroot Starch <a href="#">GF Flour Mix</a>	
GRAINS	Peanut Butter ( <a href="#">click link</a> for <a href="#">DIY method</a> ) Tahini ( <a href="#">click link</a> for <a href="#">DIY method</a> ) *CHECK OUT OUR <a href="#">GUIDE TO HOW TO MAKE NUT BUTTER!</a>	WET/CANNED GOODS	CONDIMENTS / SEASONINGS
Brown Rice GF Rolled Oats Sprouted White Quinoa (we love <a href="#">TruRoots brand</a> )			
PASTA	OILS	Almond Milk (Unsweetened Plain / or <a href="#">DIY</a> ) Black Beans Chipotle Peppers in Adobo Sauce Coconut Cream Coconut Milk (Full-Fat) Coconut Milk (Light or <a href="#">DIY</a> ) Diced Tomatoes (Plain // Fire Roasted) Garbanzo Beans (Chickpeas) Tomato Paste Vegetable Broth ( <a href="#">Homemade</a> or <a href="#">Imagine Brand</a> )	Chili Garlic Sauce <a href="#">Coconut Aminos</a> (or <a href="#">tamari</a> ) Miso Paste ( <a href="#">soy free</a> , if needed) Red Curry Paste ( <a href="#">Thai Kitchen</a> ) Sriracha (optional) Tamari (or <a href="#">coconut aminos</a> ) Vegan Parmesan Cheese (or <a href="#">DIY</a> )
	VINEGARS		LEGUMES / PULSES
Coconut Sugar Medjool Dates Pure Maple Syrup	Apple Cider Vinegar Balsamic Vinegar		Green/Brown Lentils Red Lentils Extra Firm Tofu (organic, non-GMO)