### How to Stock Kitchen Tools

**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.)

<table>
<thead>
<tr>
<th>LARGE APPLIANCES</th>
<th>SMALL TOOLS</th>
<th>COOKWARE</th>
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<tbody>
<tr>
<td>+ Food processor + High-speed blender (see our blender review here)</td>
<td>Box grater (or grater attachment on food processor) * Can opener * Chef knife set (2 large, 1 medium, 1 paring, 1 serrated) Citrus juicer Cookie scoop (for desserts, falafel, meatballs, etc.) Ice cube tray (for freezing leftover sauces) Ladle Mandolin (for thinly/uniformly slicing ingredients) * Measuring cups * Metal spatula * Measuring spoons set</td>
<td>Microplane grater (for grating spices, fresh ginger, etc.) Nut Milk Bag Pastry Brush Pastry cutter (for baking, crusts, cookies, etc.) Pepper Grinder Potato masher Rolling pin (for pie, crusts, biscuits, etc.) * Rubber spatula Steamer basket Tofu Press * Tongs Vegetable peeler (for peeling / making vegetable noodles) * Whisk * Wooden spoon Dutch Oven + Large (12-inch or larger) cast iron skillet (or stainless steel or nonstick, make sure oven-friendly) Small (10-inch) cast iron skillet (or stainless steel or nonstick, make sure oven-friendly) + Stainless steel cookware set</td>
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<tr>
<td>- Hand mixer (or Kitchenaid) + Small blender (such as Nutribullet) + Immersion blender (for blending soups, sauces, etc.)</td>
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<td>- Pie Pan - Muffin Tin - 8x8-inch baking pan - 9x13-inch baking pan - Cake Pans + Baking sheets (2 large)</td>
<td>Colander (for pasta) Cooling racks * Fine mesh strainers (large &amp; small) * Small cutting board</td>
<td>Large cutting board + Mixing bowl set (at least 1 large, 1 medium, 1 small) Spiralizer (for making vegetable noodles)</td>
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<td>- Glass jars or containers (like IKEA, for storing produce / leftovers)</td>
<td>- Label maker (for organizing pantry) + Parchment paper (or baking pan liners) Plastic wrap (or reusable, eco-friendly like Bee’s) Reusable bags (like Stasher, for storing produce / leftovers)</td>
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### How to Stock Your Pantry

#### STAPLE PRODUCE
- Avocados
- Cilantro
- Garlic
- Ginger
- Gold Potatoes
- Jalapeño Peppers
- Lemons
- Limes
- Onions  
  - Red
  - White
  - Yellow
- Parsley
- Serrano Peppers
- Shallots
- Sun-dried Tomatoes
- Sweet Potatoes
- Turmeric  
  - Fresh
  - Organic
  - (Fresh)

#### NUTS
- Almonds  
  - Raw
  - Shelled
- Brazil Nuts
- Cashews  
  - Raw
  - Shelled
- Coconut  
  - Finely Shredded
  - Flakes
- Macadamia Nuts
- Peanuts  
  - Roasted
  - Raw
- Pine Nuts  
  - (for pesto - optional)
  - (Raw)
  - (Roasted)
- Silvered Almonds
- Walnuts  
  - (Raw)

#### SWEETENERS
- Coconut Sugar
- Medjool Dates
- Organic Brown Sugar
- Organic Cane Sugar
- Organic Powdered Sugar
- Pure Maple Syrup
- Stevia Extract

#### SEEDS
- Chia Seeds  
  - Optional
- Hemp Seeds
- Pumpkin Seeds  
  - (Raw)
- Sesame Seeds
- Sunflower Seeds  
  - (Raw Unsalted)

#### NUT & SEED BUTTER
- Almond Butter
- Cashew Butter
- Peanut Butter
- Tahini  
  - (check link for DIY method)

#### GRAINS
- Arborio Rice
- Brown Rice
- GF Rolled Oats
- Sprouted White Quinoa
- White Rice  
  - (Basmoti)

#### PASTA
- GF Brown Rice
- Quinoa Fusilli
- GF Penne or Tagliatelle
- GF Lasagna Noodles  
  - (or similar shape)
- Spring Roll Skin/Rice Paper

#### VINEGARS
- Apple Cider Vinegar
- Balsamic Vinegar
- Red Wine Vinegar
- Rice Vinegar
- White Wine Vinegar

#### BAKING ESSENTIALS
- Applesauce
- Baking Powder
- Baking Soda
- Unsweetened Cocoa
- Cacao Powder
- Raw Cacao Powder
- Pure Vanilla Extract
- Vegan Dark Chocolate  
  - Chips
  - (Enjoy Life brand)
- Vegan Butter  
  - (MiYoko or Earth Balance)
- Vegan Dark Chocolate

#### FLOURS & MEALS
- Almond Flour  
  - Wellbees
- Almond Meal  
  - (or DIY)
- Arrowroot Starch
- Brown Rice Flour
- Cornstarch
- Cornmeal  
  - (Fine Ground)
- Garbanzo Flour
- Garbanzo Beans
- Chickpeas
- Chickpeas
- Garbanzo Beans
- Vegan Dark Chocolate  
  - Chips
  - (Enjoy Life brand)

#### CONDIMENTS / SEASONINGS
- BBQ Sauce  
  - (Annie’s Original)
- Panko Breadcrumbs  
  - (GF, if needed — like Ian’s brand)
- Chili Garlic Sauce
- Coconut Aminos  
  - (or tamari)
- Green Curry Paste  
  - (Homemade or Thai Kitchen)
- Harissa Paste
- Hot Sauce  
  - (Tapatio)
- Hummus
- Ketchup
- Marinara Sauce
- Miso Paste  
  - (soy free, if needed)
- Nutritional Yeast
- Red Curry Paste  
  - (Thai Kitchen)
- Sriracha  
  - (optional)
- Tamari  
  - (coconut aminos)
- Vegan Parmesan Cheese  
  - (or DIY)
- Vegan Worcestershire

#### HERBS / SPICES
- Allspice  
  - (Ground)
- Basil  
  - (Dried)
- Bay Leaves
- Black Pepper  
  - (Ground or Whole)
- Black Salt
- Cardamom  
  - (Ground)
- Cardamom  
  - (Whole Pods)
- Cayenne Pepper
- Chili Powder
- Cinnamon  
  - (Ground)
- Cinnamon Sticks
- Cloves  
  - (Ground)
- Coriander  
  - (Ground)
- Coriander Seeds  
  - (Whole)
- Cumin  
  - (Ground)
- Cumin Seeds  
  - (Whole)
- Curry Powder  
  - (or DIY)
- Dill  
  - (Dried)
- Fennel Seeds  
  - (Whole)
- Garam Masala  
  - (Ground)
- Garlic Powder
- Ginger  
  - (Ground)
- Mustard Seed  
  - (Ground)
- Mustard Seeds  
  - (Whole)
- Nutmeg  
  - (Ground)
- Onion Powder
- Oregano  
  - (Dried)
- Paprika  
  - (Smoked)
- Pumpkin Pie Spice  
  - (or DIY)
- Red Pepper Flake(s)
- Sea Salt
- Shawarma Spice  
  - (or DIY)
- Turmeric  
  - (Ground)

#### LEGUMES / PULSES
- Black Beans  
  - (Dry)
- Chana Dal
- Dry Garbanzo Beans  
  - (Chickpeas)
- Green Lentils
- Moong Dal
- Mung Beans
- Red Lentils
- Tempeh
- Tofu

#### OILS
- Avocado Oil
- Coconut Oil
- Extra Virgin Olive Oil
- Toasted  
  - (or untoasted)
- Sesame Oil

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*Check Out Our Guide on How to Make Nut Butter

*Check Out Our Guide to Gluten-Free Flours!