

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.)

LARGE APPLIANCES	SMALL TOOLS		COOKWARE
<p>+ Food processor</p> <p>+ High-speed blender (see our blender review here)</p> <p>Ice Cream Maker</p> <p>Juicer</p> <p>Waffle Maker</p>	<p>Box grater (or grater attachment on food processor)</p> <p>* Can opener</p> <p>* Chef knife set (2 large, 1 medium, 1 paring, 1 serrated)</p> <p>Citrus juicer</p> <p>Cookie scoop (for desserts, falafel, meatballs, etc.)</p> <p>Ice cube tray (for freezing leftover sauces)</p> <p>Ladle</p> <p>Mandolin (for thinly/uniformly slicing ingredients)</p> <p>* Measuring cups</p> <p>* Metal spatula</p> <p>* Measuring spoons set</p>	<p>Microplane grater (for grating spices, fresh ginger, etc.)</p> <p>Nut Milk Bag</p> <p>Pastry Brush</p> <p>Pastry cutter (for baking, crusts, cookies, etc.)</p> <p>Pepper Grinder</p> <p>Potato masher</p> <p>Rolling pin (for pie, crusts, biscuits, etc.)</p> <p>* Rubber spatula</p> <p>Steamer basket</p> <p>Tofu Press</p> <p>* Tongs</p> <p>Vegetable peeler (for peeling / making vegetable noodles)</p> <p>* Whisk</p> <p>* Wooden spoon</p>	<p>Dutch Oven</p> <p>+ Large (12-inch or larger) cast iron skillet (or stainless steel or nonstick, make sure oven-friendly)</p> <p>Small (10-inch) cast iron skillet (or stainless steel or nonstick, make sure oven-friendly)</p> <p>+ Stainless steel cookware set</p> <p>Pretty White Saucepan</p>
SMALL APPLIANCES			STORAGE / EXTRAS
<p>Hand mixer (or Kitchenaid)</p> <p>Small blender (such as Nutribullet)</p> <p>Immersion blender (for blending soups, sauces, etc.)</p>			<p>Foil</p> <p>Glass jars or containers (like IKEA, for storing produce / leftovers)</p> <p>Label maker (for organizing pantry)</p> <p>Parchment paper (or baking pan liners)</p> <p>Plastic wrap (or reusable, eco-friendly like Bee's)</p> <p>Reusable bags (like Stasher, for storing produce / leftovers)</p>
BAKEWARE	LARGE TOOLS		
<p>Pie Pan</p> <p>Muffin Tin</p> <p>8x8-inch baking pan</p> <p>9x13-inch baking pan</p> <p>Cake Pans</p> <p>+ Baking sheets (2 large)</p>	<p>Colander (for pasta)</p> <p>Cooling racks</p> <p>* Fine mesh strainers (large & small)</p> <p>* Small cutting board</p>	<p>Large cutting board</p> <p>+ Mixing bowl set (at least 1 large, 1 medium, 1 small)</p> <p>Spiralizer (for making vegetable noodles)</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) Brazil Nuts Cashews (Raw) Coconut (Finely Shredded) Coconut (Flakes) Macadamia Nuts Peanuts (Roasted) Pecans (Raw) Pine Nuts (for pesto - optional) Slivered Almonds Walnuts (Raw)	Applesauce Baking Powder Baking Soda Unsweetened Cocoa Powder Raw Cacao Powder Pure Vanilla Extract Vegan Dark Chocolate Chips (Enjoy Life brand) Vegan Butter (Miyokos or Earth Balance) Vegan Dark Chocolate	Allspice (Ground) Basil (Dried) Bay Leaves Black Pepper (Ground or Whole) Black Salt Cardamom (Ground) Cardamom (Whole Pods) Cayenne Pepper Chili Powder Blend 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 Blend (or DIY) Turmeric (Ground)
	SEEDS		
	Chia Seeds (optional) Flaxseed Hemp Seeds Pumpkin Seeds (Raw) Sesame Seeds Sunflower Seeds (Raw Unsalted)	FLOURS & MEALS	
SWEETENERS		Almond Flour (Wellbees) Almond Meal (or DIY) Arrowroot Starch Brown Rice Flour Coconut Flour Cornstarch Cornmeal (Fine Ground) Garbanzo Flour GF Flour Mix Oat Flour (or DIY) Potato Starch Tapioca Starch White Rice Flour *CHECK OUT OUR GUIDE TO GLUTEN-FREE FLOURS!	
Coconut Sugar Medjool Dates Organic Brown Sugar Organic Cane Sugar Organic Powdered Sugar Pure Maple Syrup Stevia Extract	NUT & SEED BUTTER		
	Almond Butter Cashew Butter Peanut Butter Tahini (click link for DIY method) *Check Out Our Guide on How to Make Nut Butter		
GRAINS	CONDIMENTS / SEASONINGS		
Arborio Rice Brown Rice GF Rolled Oats Sprouted White Quinoa White Rice (Basmati)	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 (or coconut aminos) Vegan Parmesan Cheese (or DIY) Vegan Worcestershire	WET / CANNED GOODS Almond Milk (Unsweetened Plain / or DIY) Black Beans Chipotle Peppers in Adobo Sauce Coconut Cream Coconut Milk (Full-Fat) Coconut Milk (Light) Crushed Tomatoes Diced Tomatoes (Plain // Fire Roasted) Garbanzo Beans (Chickpeas) Jackfruit (in Water or Brine) Kidney Beans Mild Diced Green Chiles Pinto Beans Tomato Paste Tomato Purée Tomato Sauce Lentils Vegetable Broth (Homemade or Imagine Brand)	
PASTA			LEGUMES / PULSES
GF Brown Rice Quinoa Fusilli GF Penne or Tagliatelle GF Lasagna Noodles (or similar shape) Spring Roll Skin/Rice Paper Thin Rice Noodles (white or brown — we like Thai Kitchen)			Black Beans (Dry) Chana Dal Dry Garbanzo Beans (Chickpeas) Green Lentils Moong Dal Mung Beans Red Lentils Tempeh Tofu
VINEGARS	SUPERFOODS / ADAPATOGENS		OILS
Apple Cider Vinegar Balsamic Vinegar Red Wine Vinegar Rice Vinegar White Wine Vinegar	Ashwagandha Dulce Kombu Maca Matcha Moringa Spirulina		Avocado Oil Coconut Oil Extra Virgin Olive Oil Toasted (or untoasted) Sesame Oil