

The Essentials



a guide to building a well-stocked kitchen.

Pantry

Baking Ingredients:

- All-purpose flour
- Almond flour
- Old-fashioned rolled oats
- Whole wheat or whole wheat pastry flour
- Baking powder
- Baking soda
- Chia & flax seeds
- Cornmeal
- Corn starch
- Brown sugar
- Granulated sugar
- Honey
- Vanilla extract
- Dark chocolate chips
- Dried fruit
- Coconut

Assorted Ingredients:

- Nuts & seeds (assorted)
- Nut or seed butters
- Panko breadcrumbs
- Pasta (assorted)
- Brown rice
- Lentils & ancient grains
- Canned beans & tomatoes
- Canned coconut milk
- Tomato paste
- Stock or broth (chicken, vegetable, beef)
- Bouillon (low sodium)

Aromatics:

- Lemons, limes
- Onions, shallots
- Ginger
- Garlic

Oils:

- Avocado (or neutral) oil
- Extra virgin olive oil
- Coconut oil
- Sesame oil
- Cooking spray

Vinegars:

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Rice wine vinegar
- White wine vinegar

Herbs & Spices:

- Bay leaves
- Black pepper
- Cayenne pepper
- Celery seeds or salt
- Chili powder
- Cinnamon
- Coriander
- Cumin
- Dill
- Garam masala
- Garlic powder
- Ginger
- Italian seasoning
- Kosher or sea salt
- Minced onion
- Mustard powder
- Nutmeg
- Onion powder
- Oregano leaves
- Red pepper flakes
- Rosemary
- Sage
- Smoked paprika

Fridge

- Butter
- Dijon mustard
- Ketchup
- Maple syrup
- Mayonnaise
- Sriracha
- Worcestershire sauce
- Yogurt
- Salad & dark leafy greens
- Assorted fruits
- Assorted vegetables



Freezer

- Assorted fruit & berries
- Assorted vegetables & dark leafy greens
- Beef
- Fish & seafood
- Pork
- Poultry

Kitchen Supplies

- Chef's knife
- Paring knives
- Cutting board(s)
- Non-stick skillet(s)
- Stainless steel skillet(s)
- Saucepan(s)
- Dutch oven and/or soup pot
- Baking sheets & pans
- Muffin tin
- Stand or hand mixer
- Mixing bowls
- Measuring cups & spoons
- Vegetable peeler, microplane
- Wooden spoons, spatulas, whisk
- Colander
- Food processor and/or blender

SIMPLE. WHOLESOME. DELICIOUS.

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