

Utensils & Tools

Chef's Knife
Cutting board
Can Opener
Measuring Cups
Measuring Spoons
Kitchen Scale
Colander
Peeler
Grater
Shears
Skillet / Frying Pan
Small Saucepan
Medium Saucepan
Large Pot
Casserole Dish
Stirring Spoon
Immersion Blender / Blender
Food Storage Containers
Aluminum Foil
Parchment Paper
Extras – Food Processor
Extras – Coffee Percolator, Press, Maker
Extras – Juicer (Lemons, Oranges)

Spices, Oils, Condiments

Salt
Pepper
Olive Oil, Coconut Oil, Spray etc. Butter
Extra Virgin Olive Oil (For Dressings)
Sugar (Stevia / Other Sweetner)
Honey
Fresh / Ground Nutmeg
Curry Powder
Red Chilli Powder
Cinnamon
Dried Herbs – Thyme, Oregano, Basil
Ketchup
White Wine Vinegar
Soy Sauce
Extras – Balsamic Vinegar
Extras – Maple Syrup

Non Perishables (Longer Lasting)

Tomato tins / bottles
Stock cubes – veg and chicken
Cous Cous / Quinoa
Rice (Basmati, Brown Rice)
Pasta (Fusilli / Spaghetti etc)
Plain White Flour
Extras – Small Tins Of Corn
Extras – Garbanzo Beans (Chickpeas)
Extras – Tomato Paste / Puree
Extras – Garlic Paste / Puree
Extras – Cocoa Powder (Or 100% Cacao)
Extras – Vanilla Essence
Extras – Vanilla Paste

Perishables To Keep Stocked

Eggs
Milk
Full Fat Plain Yogurt
Ham
Cheese
Turkey
Chicken
Potatoes
Onions
Tomatoes
Lemons
Nuts (Almonds, Peanuts, Hazelnuts, Cashew Nuts, Pecan Nuts)
Extras – Seeds (Sunflower, Pumpkin, Sesame, Linseed)
Extras – Raisins, Sultanas, Currents, Dried Figs, Dried Apricots
Extras – Wine (Red / White)