

Item	Have	Need to Buy
<i>Cooking and Bakeware</i>		
Good set of pots and pans		
Scale for weighing food		
Good set of knives		
Sealable glass containers, various sizes		
Spatulas		
Wooden spoons		
Blender		
Shaker bottle for drinks and shakes		
Tea kettle		
Food processor		
Slow cooker		
Skillet		
Sauté pan		
Mixing bowls, various sizes		
Measuring cups, liquid and dry		
Measuring spoons		
Muffin tins		
Baking sheets		
<i>Pantry Items</i>		
Storage and freezer bags		
Wax paper		
Tin foil		
Plastic wrap		
Extra virgin olive oil		
Balsamic vinegar		
Red wine vinegar		
Baking Soda		
Baking powder		
Whole (rolled) or steel cut oats		
Quinoa		
Whole-grain pasta		
Natural peanut butter		
Mixed nuts (unsalted)		
Canned or bagged beans (chick peas, black beans, etc)		
Rice cakes		
Seeds (unsalted sesame, sunflower, pumpkin)		
Beans and legumes		
Sweet potatoes		
Strained tomatoes		

Raw honey		
Maple syrup		
<i>Fridge/Freezer Items</i>		
Extra-lean beef		
Chicken breasts		
Ground chicken/turkey		
Salmon		
At least four varieties of fruit		
At least five varieties of vegetables		
Eggs		
Packaged egg whites		
Lemon juice		
Frozen berries		
Greek yogurt (plain 0% fat)		
Almond milk		
<i>Spices (not exhaustive)</i>		
Sea salt		
Pepper		
Garlic powder		
Oregano		
Chili powder		
Paprika		
Onion powder		
Parsley		
Cinnamon		
Dry mustard		
Ginger		
Basil		
Cayenne		
Allspice		