

## Essential Kitchen Equipment/Utensils

- o A paring knife, serrated knife (for cutting bread), chef's (or santoku) knife (for cutting meat and vegetables)- better to buy one knife than a block of cheap knives
- o A swing-A-way can opener (work's well & lasts forever)
- o Kitchen scissors/Shears
- o Metal Tongs (2)
- o Peeler
- o Whisk
- o Grater
- o Corkscrew
- o A bimetallic stem thermometer (no overcooking and safe food)
- o Ladle
- o A wooden spoon (bamboo is better)
- o A metal spatula/lifter
- o A large slotted spoon
- o A large 8 quart + deep pot (for cooking pasta making stock, soup)
- o A 3-quart saucepan (for making/heating up sauce for pasta, cooking vegetables)
- o A 10-12" stainless steel skillet (when you can afford it buy a cast iron one)
- o 2-3 Metal mixing bowls (cheap, indestructible, and good for tossing salads, marinating meat, and serving)
- o A baking sheet (for roasting and baking)
- o A Pyrex pie pan or 8" square dish (for roasting chicken/vegetables)
- o A 2-cup liquid measuring pitcher
- o Measuring spoons (stainless steel)
- o Wire mesh sieve (for draining pasta, rinsing veggies and sifting flour)
- o 2 plastic cutting boards (one all purpose; one for meat)
- o A swing-A-way can opener (works well & lasts forever)
- o Containers for leftovers (save glass jars)

## Nice to have Kitchen Appliances:

- o Wok
  - o Electric hand mixer
  - o Muffin pan
  - o Coffee maker- a French press is cheap, can also be used for teas, has adjustable quantity the best coffee
  - o A kettle (preferably an electric counter top one)- boiled right amount of water quickly and doesn't take up burner space.
  - o Garlic Press
  - o Mortar and pestle
  - o Tea ball
  - o Pop up toaster
  - o A microwave
  - A blender (for smoothies)
  - A crockpot
- A rice cooker- perfect rice every time with no burning.

## Essential Kitchen Supplies:

- o long handled scrub brush (dishes etc.)
- o dish towels
- o pot holders
- o aluminum foil
- o plastic wrap
- o gallon-size re-closable freezer bags
- o sandwich-size re-closable plastic bags
- o paper towels
- o sponges
- o dish soap
- o bleach
- o dishwashing liquid

## Essential Dinnerware:

- o dinner plates
- o soup/cereal bowls
- o flatware set
- o beverage glasses
- o coffee mugs

## PANTRY STAPLES

### MUST-HAVES FOR MINIMAL FOOD PREP

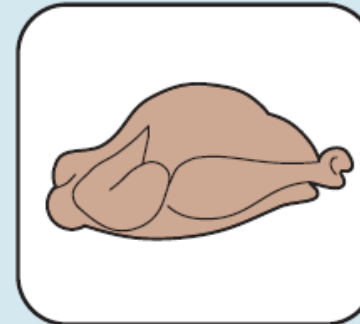
- Bars: Ideally ones high in protein or healthy fats. (i.e. KIND Bars, RX Bars, Go Macro Bars, Lara Bars)
- Peanut & other Nut Butters: Add to smoothies, toast, fruit, and oatmeal for protein and healthy fats.
- Eggs: Easy protein. If you like hard boiled, boil a bunch in the beginning of the week to add to breakfast, top salads, or snack on.
- Canned beans, tuna, salmon: Add to salads or pasta for protein in a pinch.
- Rice and whole grains: Look for frozen or quick-cooking varieties to save time.
- Greek Yogurt: Perfect breakfast topped with fruit and nuts, or great snack.
- Oats: Try making overnight oats for breakfast on the run.
- Non-dairy milk: Choose unsweetened varieties. These have a much longer shelf life than cow's milk.
- String Cheese: Perfect snack when paired with a piece of fruit.
- Frozen fruit: Great for smoothies or used as a topping for yogurt and oatmeal.
- Frozen Veggies: Make into a quick quinoa salad with canned beans or add to eggs for an easy omelet. Avocados: Great for a toast topper or made into guacamole!
- Nuts: Make your own trail mix with dried fruit or dark chocolate.
- Hummus: Delish sandwich spread or dip for veggies and whole grain crackers.
- Frozen veggie burgers: Great to keep on hand for busy meal times.
- Frozen edamame: Fast protein or even a snack.

### SAFELY THAWING FOOD

- In the fridge
- Under cold running water
- In the microwave as part of the cooking process

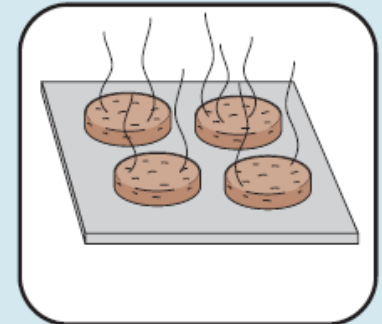
## MINIMUM INTERNAL COOKING TEMPERATURES

### WHOLE AND GROUND POULTRY



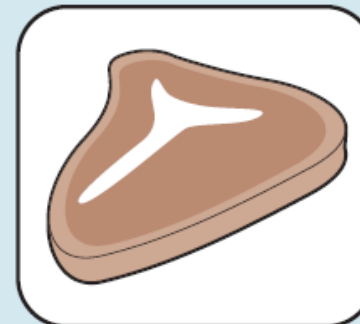
Cook to  
165°F (74°C) for  
15 seconds

### GROUND MEATS AND FISH



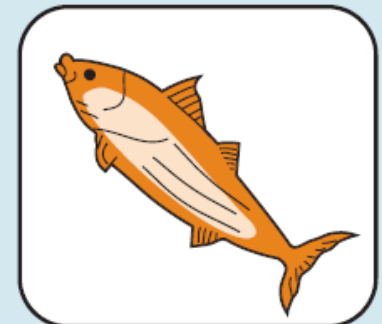
Cook to  
155°F (68°C) for  
15 seconds

### PORK AND BEEF (STEAKS OR CHOPS)



Cook to  
145°F (63°C) for  
15 seconds

### FISH



Cook to  
145°F (63°C) for  
15 seconds