



the healthful human



MEAL PREP BEGINNER'S GUIDE

AN ESSENTIAL STARTING
GUIDE FOR NEW MEAL
PREPPERS AND HOME COOKS

55 BUDGET PANTRY ESSENTIALS

GRAINS, SEEDS & NUTS

.....
almonds
breadcrumbs (regular,
panko)
brown rice
cashews
Jasmine rice
oats (rolled, steel-cut)
pecans
sesame seeds
walnuts
whole grain pasta
(spaghetti, fettucini, penne,
etc.)

BAKING GOODS

.....
baking powder
baking soda
cornstarch
flour (all-purpose, whole
wheat, almond, etc.)

BEANS & LEGUMES

.....
black beans
garbanzo beans
kidney beans
lentils
pinto beans

OILS & VINEGARS

.....
extra virgin olive oil
peanut oil
vinegar (balsamic, red wine,
white wine, rice wine, etc.)

SPICES & HERBS

.....
basil
black pepper
cayenne pepper
chili powder
cinnamon
cumin
curry powder
garlic powder
kosher salt
nutmeg
onion powder
oregano
paprika
parsley
red pepper flakes
rosemary
thyme
turmeric
vanilla extract

SWEETENERS

.....
honey
maple syrup
palm sugar

CANNED & JARRED

.....
broth (chicken, beef,
vegetable)
canned tomatoes (diced,
crushed, paste, sauce)
hot sauce
ketchup
mustard
mayonnaise
nut butter
soy sauce
sriracha
tahini
Worcestershire sauce

This **budget pantry list** is a great starting place to help you stock your pantry and fridge and prepare for cooking at home!

Keep in mind that while this list is not exhaustive, it does contain a lot of the items that you might find in a well-stocked pantry.

If you have a Costco, International grocer, or other bulk-friendly grocery store near you, consider stocking up on these items.

Many of these items can be purchased on a budget and are all great starters for **budget-friendly recipes**.

40 KITCHEN ESSENTIALS

This **kitchen essentials list** is a great starting place to help you stock your kitchen and prepare for cooking at home!

Just like the budget pantry essentials guide, this list is not exhaustive! Instead, it contains some of the kitchen essentials that you might find useful for meal prep or batch cooking.

If you are able to, invest in **high quality** cookware and kitchen equipment. These types of items may cost more up front, but can last you for years to come and can help make your meal prep easier in the long-run.



tools like these help meal prep go more smoothly in the kitchen!

COOKING BASICS

baking pans
baking sheets
cast iron skillet
extra large stock pot
large stock pot
mixing bowls
muffin tins
non-stick skillet
small saucepans

SPECIALTY COOKWARE

blender
crockpot
food processor
rice cooker
stand or hand mixer
toaster

STORAGE CONTAINERS

freezer quart bags
food storage containers
mason jars
sandwich bags
snack bags

KITCHEN TOOLS

basting brush
can opener
funnel
grater
knife set
measuring cups
measuring spoons
meat cutting board
mesh strainers
pepper grinder
pizza cutter
rolling pin
salad spinner
slotted spoon
spaghetti spoon
spatula
thermometer
tongs
vegetable cutting board
whisk

Ellie's Current Setup:

Rice Cooker

Aroma Digital Rice Cooker, Multicooker, and Food Steamer

Prep Containers

Ello Single-Compartment Glass Meal Prep Containers

Knife Set

Cuisinart Stainless Steel Cutlery Block Set

Sheet Pans

Wilton Easy Layers Sheet Pans

WHOLE FOODS SHOPPING GUIDE

FRUITS & VEGETABLES

.....
apple
artichoke
asparagus
banana
berries
bok choy
broccoli
brussel sprouts
cabbage
cantaloupe
carrot
cauliflower
cherries
corn
cucumber
grapefruit
grapes
greens
green beans
kiwi
lemon
lime
mango
melons
mushrooms
onions
oranges
peach
pear
peas
peppers
pineapple
plums
potatoes
squash
watermelon

MILK, EGGS, & DAIRY

.....
buttermilk
cheese
cottage cheese
cow's milk
cream
cream cheese
custard
eggs
goat's milk
kefir
yoghurt
plant-based dairy
skyr

FATS & OILS

.....
avocado oil
beef tallow
butter
canola oil
coconut oil
ghee
grapeseed oil
olive oil
peanut oil
safflower oil
sesame oil
sunflower oil

HERBS & SPICES

.....
allspice
basil
bay leaves
cacao
cilantro
cinnamon
cumin
dill
garlic
ginger
nutmeg
oregano
parsley
rosemary
sage
thyme
turmeric
vanilla

MEAT & LEAN PROTEIN

.....
anchovies
beans
beef
chicken
crab
fish
lamb
lobster
nuts
octopus
pork
salmon
sardine
seeds
shrimp
tofu
tuna
turkey
wild game

MEAL PREP FRIDGE STORAGE GUIDE

Use the guide below to determine how long your **cooked meal prep recipes** will last. If a recipe calls for one or more items with different use-by dates, use the shortest range as your guide.

PROTEINS

Meat	3-4 days
Poultry	3-4 days
Seafood	3-4 days
Beans	3-4 days
Eggs	3-4 days
Tofu	4-5 days

CARBS

Vegetables	3-4 days
Fruit	3-5 days
Pasta	3-5 days
Rice	3-4 days
Potatoes	3-4 days
Misc. Grains	3-4 days

SAUCES

Tomato Sauce	3-5 days
Meat Sauce	3-4 days
Curry Sauce	3-4 days
Cream Sauce	5-7 days
Soups and Stews	3-4 days

MISC. FOODS

Oatmeal	4-6 days
Nut Butter	3-6 months
Muffins	up to 1 week
Cookies	up to 2 weeks

Don't forget that some cooked items can be frozen and will last much longer.

Good **meal prep freezer items** include: al dente pasta, rice, sauces/sauce-based dishes, & baked goods.



For more resources, including beginner guides and meal plans, click the link below for our website:

<http://www.thehealthfulhuman.com/>