

Whole Nourish Kitchen & Pantry Guide

A simple guide to
setting up a
sustainable &
functional kitchen
and pantry



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COOKWARE

Dutch Oven
Bamboo Steamer
Donabe
12 inch Cast Iron
8 inch Cast Iron
Non-toxic, Non-stick Frying Pan

TOOLS

Microplaner
Fish Spatula
Tongs
Ladle
Rubber Spatula
Mandolin
Whisk
Electric Handheld Whisk
Vegetable Peeler
Measuring Cups & Spoons
Chef's Knife
Pairing Knife
Bread Knife
Cutting Boards

APPLIANCES

Vitamix
Instant Pot
Nut Bag Strainer
Colliander
Immersion Blender
Tea Kettle
Tea Pot

BAKING

8 x 8 Baking Pan
9 x 13 Baking Pan
Standard Loaf Pan
Muffin Tin
Baking Sheets

STORAGE

Mason Jars
Storage Containers
Stasher
Beeswax Wrap
White Paint Pen

ETC.

Pepper Grinder
Salt Bowl
Tea Strainer
Set of 3 Stainless Steel
Bowls
Medium Sized Glass Bowl

COOKWARE

Dutch Oven

This is a must. From making soups to bread to pasta, I use a dutch oven at least 4x a week.

Bamboo Steamer

Multi-layered ones make it easy to stack your vegetables for a quick and healthy dinner.

Donabe

Not a total necessity, but they're very pretty and make the best rice. Here's an entire donabe cookbook!

12 inch Cast Iron

I make most of my meals in this. From eggs to toasting bread to Shepard's pie. The most important cookware in my kitchen.

8 inch Cast Iron

For smaller things like scrambled eggs, fried eggs, toasting nuts and seeds.

Non-stick Frying Pan

Caraway has been by far the best brand I've found for non-toxic, non-stick pans.

Sauce Pan

Pasta sauce, warm tonics, warming up soups, etc.

Tiny Sauce Pan

For toasting spices, hot cacao, etc.

Rimmed Baking Sheet

For roasting veggies.

Instant Pot

I don't own a toaster or microwave for limited space reasons, but my Instant Pot is non-negotiable. Good for beans, stocks, apple sauce, stews, etc.

TOOLS

Microplaner

Best for lemon peels and cheese.

Fish Spatula

Not just for fish! I use for everything.

Pancakes, eggs, sandwiches, etc.

Tongs

Just a handy tool for picking up smaller things and assembling food on plates.

Ladle

For soups and stews.

Rubber Spatula

For eggs and baking.

Cutting Boards

I have a large one that I prep a majority of my food on as well as a small for for things like cutting apples and cheese.

Nut Milk Bag

Straining juice made in Vitamix or making nut mylk. I prefer this over cheesecloth as it can be reused for years.

Mandolin

Thinly shave apples, fennel, potatoes, pretty much any vegetable.

A must have for top-notch salads.

Whisk

I like this small one from Tenzo, and it works well for green tea, eggs, and baking.

Vegetable Peeler

Not only for peeling fruits & veggies, I use to thinly shave cheese.

Measuring Cups & Spoons

Goes without saying!

Chef's Knife

Find one you LOVE and keep it sharp. This is a big component to making beautiful meals.

Pairing Knife

For smaller needs like peeling fruit and small cuts.

Vitamix

I've used my Vitamix 2x daily for the past 7 years and it has held up great. I use for juices, smoothies, soups, flours.

PANTRY



Oils and Butters

Avocado oil
Extra Virgin Olive Oil (One for cooking in, a fancy one for finishing and dressings)
Sesame oil
Ghee
Almond butter
Coconut butter

Seasonings

Black Pepper
Red Pepper Flakes
Paprika
Furikake
Cumin
Chili powder
Garlic powder
Onion powder
Cinnamon
Maldon Sea Salt or other flakey "finishing salt"
Sea Salt
Whole nutmeg
Cardamom
Nutritional yeast
Grainy mustard

Vinegars

Apple Cider Vinegar
Red Wine Vinegar
White or Rice Vinegar

Canned

Canned black beans, pinto beans, white beans, chickpeas
Coconut Milk (full fat)
Whole Organic Roma Tomatoes

Rice & Grains

Basmati Rice
Brown Rice
Arborio
Polenta
Millet
Barley
Quinoa
Oats

Legumes & Beans

Garbanzo beans
Black beans
Butter beans
Green or brown lentils
Red or yellow lentils

Condiments

Coconut Amino
Tamari
Spicy Grainy Mustard
Hot Sauces (Favorites: Cholula, Aardvark, Calabrian Chilli Spread)
Honey
Olives

Nuts & Seeds

Almonds, cashews, pecans, walnuts
Pumpkin seeds
Chia seeds
Flax seeds
Hemp seeds

Etc.

Soba noodles
Red lentil pasta

STORAGE

Mason Jars

This is a cost-efficient way to have a low waste pantry. I recommend having a variety of different sizes.

I use 8oz for storing dressings in, chia pudding, spices, and anything small that needs a spot. 16 oz size is good for nuts and seeds, oats, rice, tea. and the 32 oz for infusions and large batch meals, such as broths and soups, as well as baking staples such as flour.

Glass Storage Containers

I like the glass containers from IKEA as they're affordable, oven-safe, leak-proof, and stack well when not being used.

Porter also sells storage containers that are great for taking your meal on the go.

Stasher Bags

Want to successfully say goodbye to single use plastic bags once and for all? Get a few Stasher bags! They work just as well as Ziplock, if not better, and will last many years.

Beeswax Wrap

Use as you would plastic wrap. These work well and last a while, just make sure not to use hot water on it.

HEALTHY LIVING TIPS

PREP DAY

Having an hour, once a week, blocked out solely for prep cooking and organizing is a game-changer.

Use this hour to wash veggies, chop, and store for future use. Make grains (seasoned plainly so you can adapt to whatever style of cuisine) and store in glass containers.

Having prepped nourishing foods on hand will make eating healthy throughout the week so much easier.

THINK SEASONALLY, STOCK SMART

For dry goods, think of the foods you like to eat on a daily basis.

To create healthy and fresh meals, rely on fresh, local, and seasonal produce.

FORGET THE RECIPES

As much as I love a beautiful cookbook, I rely on them for inspiration or a rough guideline for what I should make throughout the week. Learn a few solid recipes that you can adapt to whatever you have on hand.

GO DEEPER THE WHOLE NOURISH WORKSHOP

Want to learn how to eat intentionally and tune into your inner voice?

Take the Whole Nourish workshop!

WN WORKSHOP

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