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# Kitchen Essentials

1. **Good quality Chef's knife/knife block**
2. **Kitchen shears**
3. **Lemon press**
4. **Microplane grater - For small tasks that require a fine grater—zesting lemons and grating Parmesan, garlic, and nutmeg—use a razor-sharp, stainless steel model.**
5. **Box grater**
6. **Paring knives (2)**
7. **Potato masher**
8. **Serrated bread knife**
9. **Vegetable peeler**
10. **Cutting Boards - (plastic, several colors for meat or vegetables). Wooden chopping block for vegetables (optional)**
11. **Ladle**
12. **Locking tongs**
13. **Silicon spatula and wooden spoons and spatula**
14. **Slotted spoon**
15. **Whisk**
16. **Can opener**
17. **Instant-read thermometer**
18. **Measuring cups - You'll want measuring cups for both dry and wet ingredients. For dry ingredients, you'll need at least 1-cup and 4-cup measuring tools on hand.**
19. **Measuring spoons - Oval models are more likely to fit into spice jars.**
20. **Salad spinner**
21. **Timer**
22. **Mixing Bowls**
23. **Wire mesh or plastic colander**
24. **Stock Pot with lid**

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25. **Medium size pot with lid**
26. **Small saucepan**
27. **Ceramic coated frying pan**
28. **Slow cooker**
29. **Silicon container for making popcorn in the microwave (do not eat the one in the bags!!!)**
30. **Spiralizer (for vegetable "noodles")**
31. **Immersion blender with whisk attachment and vegetable slicer**
32. **Glass storage containers with silicon lids**
33. **Sprouting container with sprouting lid**
34. **Baking (Cookie) sheets**
35. **Roaster for oven**
36. **Potholders**
37. **Kitchen/tea towels**
38. **Dish cloths**
39. **Scrubbing sponge**
40. **Cover for microwave**
41. **Aluminum foil**
42. **Saran (Plastic) wrap**
43. **Freezer bags**
44. **Plastic bags (foodsafe),**
45. **Ziploc bags**
46. **Paper Inserts for green bin in kitchen**
47. **Optional: Vacuum-Freezer-Packager - Foodsaver**
48. **Optional: Strong Mixer (Vitamix (best) or Blendtec)**