



The
MASTER LIST



Selected kitchen equipment, tools and pantry items from the **Big Delicious Life Master List** are available in my [Amazon store](#). All of the products listed are items that I personally use and believe to be high quality. I take great care in creating these resources for our community and my affiliate links are a means by which I may receive a commission if someone makes a purchase. I greatly appreciate your support in using these links and invite you to check out my favorite products [HERE](#).



For more recipes & tips,
JOIN ME, JESSICA, IN MY KITCHEN
@BIGDELICIOUSLIFE



welcome TO MY KITCHEN!

The Big Delicious Life Master List ONLY includes items and ingredients that I use on a regular basis. These essential tools that I believe make a simple, well equipped kitchen and the must have ingredients for a well stocked pantry, fridge and freezer. We all deserve a place where delicious, healthy food that makes us feel good is always at our fingertips. Investing in a well stocked kitchen is the best investment you can make in your health and wellbeing. Hope you find this list helpful!



SMALL APPLIANCES

Air fryer/ Toaster oven

Blender

Immersion blender

Food processor

Stand or hand mixer

Electric kettle

Coffee maker

Instant Pot or Slow cooker

Rice cooker

POTS & PANS

Cast iron skillet

Nonstick skillet

Grill pan

Stock pot

Dutch oven

Large saucepan

Small saucepan

Griddle

9x13 baking dish

8x8 baking dish

2-3 baking sheets

Muffin tin

Loaf pan

2-3 round cake pans

Pie pan

KNIVES & TOOLS

Chefs knife

Paring knife

Bread knife

Small serrated knife

Kitchen shears

Wooden spoon

Big metal spoon

Slotted spoon

Tongs

Fish spatula

Silicone spatula/turner

Silicone spatula

Microplane

Box grater

Can opener

Bench scraper

Measuring spoons

Measuring cups

Cookie scoops

Meat thermometer

BBQ Tools

Pizza Cutter

Kitchen brush

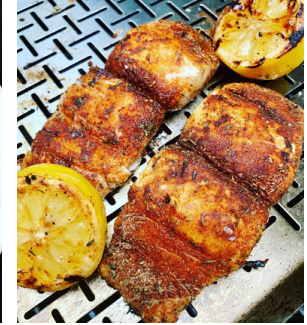
Citrus press

PREP STUFF

Glass prep bowls
Mixing bowls
Plastic cutting board
Wood cutting board
Strainer/colander
Steamer insert
Oven mitts
Dishtowels
Trivets
Wine opener
Kitchen scale

STORAGE

Glass storage containers w/ airtight lids
Mason jars in different sizes
Airtight pitchers/carafes
Silicone bags
Beeswax wraps (plastic free!)
Aluminum foil
Compostable freezer bags
Souper Cubes



SERVING & ENTERTAINING

Dinner plates
Salad plates
Bowls
Mugs
Wine glasses
Water glasses
Whiskey/cocktail glasses
Cocktail shaker
Cheese board
Serving platters
Salad bowl
Cloth napkins
Metal/glass straws

HERBS & SPICES

Himalayan pink salt
Flaky sea salt
Black pepper
Onion powder
Garlic powder
Ginger
Oregano
Bay leaves
Cinnamon
Chili powder
Cumin
Paprika
Red pepper flakes
Basil
Parsley
Old Bay
Cayenne
Nutmeg
Thyme
Turmeric
Mustard powder
Sesame seeds

OILS & VINEGARS

Avocado oil
Olive oil
Coconut oil
Sesame oil
White vinegar
Balsamic vinegar
Rice vinegar
Red wine vinegar
White wine vinegar

PANTRY STAPLES

Rice

Quinoa

Black beans

White beans

Kidney beans

Chickpeas

Lentils

Chicken broth

Vegetable broth

Curry paste

Pasta

Bread crumbs

Tortilla chips

Pita chips

Crushed tomatoes

Diced tomatoes

Tomato paste

Chipotle peppers in adobo sauce

Salsa verde

Roasted peppers

Artichoke hearts

Black, Green & Kalamata olives

Green chilis

Anchovy paste

Tuna

Peanut butter/Almond Butter

Honey

Applesauce

Dried fruits

Walnuts

Almonds

Cashews

Peanuts

Pistachios

Sunflower seeds

Rolled oats

Cornmeal

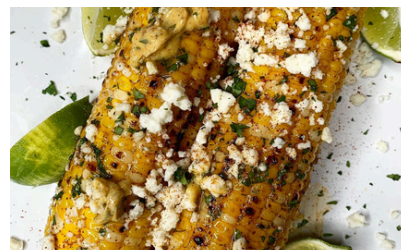
Popcorn

Coconut water

Non dairy milk

Coffee

Tea



BAKING ESSENTIALS

Vanilla extract

All purpose flour

Baking powder

Baking soda

Cornstarch

Raw or white sugar

Brown sugar

Chocolate chips

Cocoa powder

ALWAYS IN MY FREEZER

Spinach

Broccoli

Cauliflower

Peas

Berries

Pineapple

Mango

Sliced bananas

Bread

Chicken breasts

Ground bison/beef/turkey

Shrimp

Salmon

White fish - cod, snapper, haddock

Italian sausage

Puff pastry

Pie crust

Pizza dough

Tortillas

Cookie dough

Ice cream

Popsicles

CONDIMENTS

Note: I do NOT like ketchup and will never keep it in my house or use it in any recipes but you do you! ;)

Dijon mustard

Mayonnaise

Soy Sauce

Hoisin

BBQ sauce

Horseradish

Sriracha

Sambal Oelek

Tahini



ALWAYS IN MY FRIDGE

OR ON THE COUNTER - THE "WEEKLY" SHOPPING LIST

Eggs

Butter

Parmesan & usually

one other cheese

Greek yogurt

Baby spinach

Romaine

Peppers

Seasonal fruits

Seasonal veggies

Fresh herbs

Avocados

Lemons

Limes

Red onion

White, yellow or sweet onion

Garlic

Shallots

Russet or baby gold potatoes

Sweet potatoes