

# The Recovery Kitchen

## Checklist: Kitchen Basics

Whipping up your own meals at home is the single easiest way to maintain a healthy diet throughout recovery. Best of all, you don't have to be a master chef to master some basic cooking skills. Your first step: Stock up on these essential kitchen tools. Just print out this handy list and bring it with you to the store.

- ☐ Three knives (serrated knife, chef's knife, paring knife)
- ☐ Two cutting boards (one for raw protein sources like chicken and beef; one for other foods, like fruits and vegetables)
- ☐ Mixing bowls (glass or stainless steel; look for ones that save space by stacking inside one another)
- ☐ Measuring spoons and cups (for both liquids and dry ingredients)
- ☐ Cookware (small pot, large pot, sauté pan, glass or ceramic baking dish)
- ☐ Vegetable peeler
- ☐ Two wooden spoons
- ☐ Non-stick spatula
- ☐ Wire whisk
- ☐ Tongs
- ☐ Ladle
- ☐ Colander
- ☐ Two baking sheets
- ☐ Storage containers (for storing leftovers)
- ☐ Blender