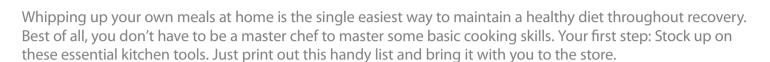
The Recovery Kitchen

Check list: Kitchen Basics



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