

kitchen planner

live life with purpose

basic pantry list

Herbs and Spices

Salt {I prefer Sea Salt since it has many minerals that iodized salt does not have. We buy ours at our local bulk food store, but I believe you can find it most anywhere.}

Pepper

Nutmeg {You can purchase it already ground or you can buy whole nutmeg and grate it yourself for a fresher taste.}

Cinnamon {You will mainly use ground cinnamon, but you may occasionally wish to have whole cinnamon sticks.}

Ginger {You can purchase ginger already ground. Fresh ginger root can be grated for recipes and is also a wonderful medicinal herb.}

Garlic {Garlic is best when used fresh. You can keep garlic powder on hand for when you do not have a garlic bulb. A clove of garlic is one section of the whole bulb. To use, simply take one clove out of the bulb and place on cutting board. Use the flat side of a large chef's knife and press firmly on the clove. This will loosen the peel which you can then remove. Once you have done this you can leave it whole or dice, mince or place into a garlic press. Garlic is also a very important healing herb for the immune system.}

Ground Mustard {This is different from prepared yellow or Dijon mustard that you put on hot dogs. Dry mustard is used in a variety of recipes.}

Bay Leaves {These are a flat green leaf that are usually used whole in recipes. You can remove them before serving. Add to soups and spaghetti sauce.}

Rosemary {Wonderful with potatoes and chicken}

Thyme {Good with mushrooms and lentils}

Sage {Used at thanksgiving time, also delicious when added to browned butter sauces}

Sweet basil {My husband's favorite! You can find it ground or dried.}

Parsley {Dried parsley is good, but fresh is always better.}

Cumin {Used a lot in Mexican and Mediterranean cooking.}

Oregano {Used in Mexican and Italian Cooking}

Cayenne Pepper {Adds a kick to all kinds of dishes}

basic pantry list

Stock Items

All Purpose Flour

Whole Wheat Flour

Self Rising Flour {Self Rising Flour is great except that it has aluminum in it. Use it sparingly or make your own.}

Sugar

Confectioner's Sugar {This white powdery sugar cannot be used in place of refined sugar.}

Brown Sugar

Molasses

Baking Soda

Baking Powder {Look for brands that do not contain aluminum.}

Cornstarch {Used for thickening sauces, soups, pies, etc.}

Honey

Vanilla Extract

Almond Extract

Nuts {Used in many different types of recipes. You will want to keep a variety of nuts on hand. I like: Walnuts, Black Walnuts, Pecans, Cashews, Peanuts, and Almonds.}

Cocoa Powder

Unsweetened Chocolate Bars

Bouillon Cubes and Powders {I keep Vegetable Bouillon, Vegetarian Chicken Seasoning and Vegetarian Beef Bouillon Powder as well as George Washington Golden Broth Powders on hand.}

White Rice

Wild and Long Grain Rice

Pasta {All shapes and sizes of pasta noodles – stock up when they go on sale!}

Barley {Great for adding to vegetable soup.}

Vegetable Shortening {Great for making a variety of baked goods. I would not fry with it as another type of oil such as olive oil is healthier.}

Olive Oil {Use Light extra virgin cold pressed for general cooking, and a fruitier olive oil for recipes such as pasta or hummus.}

basic pantry list

Vegetable oil

Vegetable Oil Spray for greasing muffin tins and such.

Raw Apple Cider Vinegar {The health benefits of this vinegar go on and on. We like Bragg's Raw Apple Cider Vinegar. Do not use distilled white vinegar in recipes as it is not intended for human consumption and it made for cleaning instead.}

Balsamic Vinegar

Red Wine Vinegar

Soy Sauce {Look for sauce that is made from real soy beans and not an imitation. You can use Liquid Amino Acids in place of Soy Sauce if you prefer. Amino Acids are very good for you. We buy Bragg's Amino Acids.}

I also keep Sesame Oil and Rice vinegar for oriental dishes. But these are specialized items.

In the Refrigerator

Butter or margarine {Regular margarine or butter is best for baking. Light margarine is better for using as a spread.}

Eggs {If you do not want to use eggs you can purchase an Egg Replacer or make your own.}

Milk {We mainly use soy or almond milk in our house. My favorite brand is Better Than Milk for cooking. It comes in powder form and you mix just as much as you need. You can find great soy or rice milks at your local grocery store. If you are going to use Cow's Milk, try going for Organic. My favorite Organic brand is Promised Land Dairy. You could even try goat's milk.}

Cream {Even though we generally use soy milk, I do occasionally use a heavy cream for making certain dishes. Keeping some on hand is great for adding a little here or there to sauces and soups.}

Yellow Mustard

Dijon Mustard

Ketchup

Mayonnaise

Pickles

Relish

Greek Peppers

Bread

Cheeses: Mild Cheddar, Jack, and a Parmesan Wedge {I like to grate my own. It tastes better.}

basic pantry list

Potatoes
Onions
Carrots
Celery

Produce

Lettuce
Tomatoes
Cucumbers
Bell Peppers
Mushrooms
Fresh Fruit

If you keep these items on hand you should be able to make most recipes. My pantry is located in the basement where we keep an assortment of all types of non-perishable foods as well as winter squash and root vegetables. I keep my herbs and spices in the kitchen and the items that I use regularly. When you have the items you need cooking can be an enjoyable part of your day.

Notes

5 Tips for Maintaining a Clean Kitchen

1. **Go to bed with a clean kitchen.** You'll be happier in the morning and feel better about yourself, too.
2. **Allow ample time to cook the meal you have planned.** You're more likely to create a big mess if you are in a super hurry.
3. **Clean as you go.** Wash those missing bowls as soon as you are done using them. It only takes seconds! Wipe up those spills as soon as they happen. It's so much easier!
4. **Clean the kitchen and dining area as soon as the meal is over.** If you have kids this is a good time to put them to work.
5. **Stay on top of those big kitchen chores** like mopping the floor and scrubbing the stove and refrigerator. Frequent cleaning {weekly} means less time is required to clean, which means you can go on with your life quicker and it won't be hanging over your head like a black cloud.

How to Clean the Kitchen

Cleaning the Kitchen: Monthly:

1. Scrub top of stove vent.
2. Wipe down outside of cabinets, around light switches.
3. Dust baseboards and wash with warm, soapy water.
4. Clean top of refrigerator.

Cleaning the Kitchen: Weekly:

1. Throw out any old food.
2. Wipe down inside of refrigerator. This is best done the day before you do your weekly shopping.
3. Clean out freezer.
4. Scrub Stove Top.
5. Wash inside of Microwave.
6. Wash small appliances such as toaster, toaster oven, and can opener.
7. Mop the floor.

Cleaning the Kitchen: Daily Order After Each Meal:

1. Tidy up by returning any items out of order back to their place.
2. Place dishes in dishwasher if using one.
3. Hand wash dishes, pots and pans as required.
4. Wipe down countertops, backsplashes, table, stove, and inside microwave.
5. Scrub sink until it is shining and return dried, hand washed dishes where they belong.
6. Sweep the floor.
7. At end of day, rinse out sponges, dishrags, or brushes with hot sudsy water using a little bleach to disinfect. Hang to dry. Replace used rags, towels, sponges, and brushes with fresh ones for the next day.

Season everything with love.

the kitchen appliances

How to Clean the Kitchen Appliances

The Refrigerator

1. Unplug refrigerator. Manufacturers warn to unplug the refrigerator before washing. Be careful not to splash lights and wires while you are cleaning.
2. Remove food from refrigerator to the counter top.
3. Remove drawers and shelves.
4. Using hot sudsy water, wipe down the inside of the refrigerator. Be sure to clean the walls and inside the gaskets. Work from top to bottom.
5. For nasty stuck on spills, make a paste with water and baking soda.
6. Really hot water may crack glass shelves so be careful.
7. If you have mold or mildew in your refrigerator, use a bleach solution to disinfect. However, using too much bleach will cause the refrigerator to smell like bleach. 3/4 cup bleach to 1 gallon of water. Do not clean and disinfect in one step. Clean first, and then disinfect.
8. Wash the shelves and drawers with hot sudsy water and replace them when finished.
9. Wipe off any sticky food containers before replacing them in the refrigerator.
10. Plug the refrigerator back in when you are done.

Microwave

1. Place a mug filled 3/4 with water inside microwave.
2. Heat water for 1 – 2 minutes. Allow the water to stay in microwave for another minute before removing.
3. Carefully remove water from microwave. You may want to use a towel or pot holders to remove the water. Caution is needed.
4. Remove glass plate (turntable) from microwave and place in a sink of hot sudsy water.
5. Use a sponge or damp cloth to wipe out microwave. Rinse as needed.
6. Wash glass plate. Allow to dry and return to microwave.

Toaster Oven

1. Unplug toaster oven and remove crumb tray and empty into trash can.
2. Place tray in hot sudsy water and wash.
3. Brush remaining crumbs from bottom of toaster oven.
4. Use glass cleaner to clean outside of toaster oven.
5. Return crumb tray.

Toaster

1. Unplug toaster.
2. Empty crumb tray over trash can.
3. Use a sponge and all purpose cleaner to wash the outside of the toaster.

Can Opener

1. Unplug can opener.
2. Remove can opener blade and wash in hot sudsy water or place in dishwasher. (You may want to clean this at the end of each day.)
3. Wash outside of can opener with a damp sponge and all purpose cleaner.

the stove and oven

How to Clean the Stove

Cleaning the Stove Top: Daily:

1. Begin cooking with a clean stove.
 2. While cooking, wipe up any spills immediately as is safe. Do not try to wipe up spills if you will risk a burn.
 3. For baked on food and grease, use a mild abrasive such as Bar Keepers Friend.
 4. Always Wipe down the stove top as part of your daily kitchen clean up.
- * Cooking at high temperatures will cause food to spill and splatter more frequently.*

Cleaning the Stove Top: Weekly:

1. Remove electric burners or gas burner grates and burner drip pans.
2. Place grates and drip pans in the sink. Spray with a fume free oven cleaner or other heavy duty cleaner and let soak.
3. Remove any excess food crumbs or spills.
4. Using a mild abrasive such as Bar Keepers Friend, sprinkle powder over baked on grease (often found around drip pan edges).
5. Wet a sponge or other cleaning cloth.
6. Squeeze out most of the moisture so it is not dripping, but leave very damp.
7. Begin scrubbing until the moisture is gone. Rinse and Repeat as needed until the stove top is clean.
8. Using a clean cloth or sponge, wipe down the entire outside of the stove, as well as under knobs.
9. Raise the stove top to clean underneath and proceed in a similar fashion until the underside is clean.
10. Line with aluminum foil, to prevent this step in the future. If you have already been lining your stove with the foil, simply replace with fresh foil.
11. Lower stove top.
12. Using hot sudsy water and your cleaning cloth or sponge, wipe the walls and cabinets around the stove to remove food and grease splatters.
13. Fill sink with hot water and scrub drip pans and/ or gas burner grates. Rinse.
14. After drip pans and/ or are dry, return them to the stove.
15. Wipe electric burners, while cool, with a damp cloth and return to stove.

Cleaning the Oven: Weekly:

If you have a self cleaning oven, you should follow the manufacturer's instructions for cleaning. Do not use commercial cleaning products in these ovens.

1. For non-self-cleaning ovens, use a good commercial oven cleaner. The fume free ones are more pleasant to use. Be careful not to breathe the fumes, wear a dust mask if you need to.
2. Evenly coat the entire surface of the oven.
3. Allow to soak for the recommended amount of time.
4. Wearing rubber gloves, wipe out the oven using paper towels or an old rag.
5. Using a damp cloth, wipe out the stove to remove leftover residue.

the stove and oven

How to Clean the Refrigerator

Cleaning the Refrigerator: Weekly:

1. Unplug refrigerator. Manufacturers warn to unplug the refrigerator before washing. Be careful not to splash lights and wires while you are cleaning.
2. Remove food from refrigerator to the counter top.
3. Remove drawers and shelves.
4. Using hot sudsy water, wipe down the inside of the refrigerator. Be sure to clean the walls and inside the gaskets. Work from top to bottom.
5. For nasty stuck on spills, make a paste with water and baking soda.
6. Really hot water may crack glass shelves so be careful.
7. If you have mold or mildew in your refrigerator, use a bleach solution to disinfect. Using too much bleach will cause the refrigerator to smell like bleach. 3/4 cup bleach to 1 gallon of water. Do not clean and disinfect in one step. Clean first, and then disinfect.
8. Wash the shelves and drawers with hot sudsy water and replace them when finished.
9. Wipe off any sticky food containers before replacing them in the refrigerator.
10. Plug the refrigerator back in when you are done.

mealtime clean up

Hand Washing the Dishes and Mealtime Clean Up

Mealtime Clean Up: Tools Needed:

1. Dish draining rack and mat
2. Clean dish towel
3. Rubber dishpan (keeps dishes from breaking)
4. Dish Cloth, Clean Sponge, or Dish Brush (for Cleaning the dishes)
5. Bottle Brush
6. Pot Scrubber
7. Rubber gloves if you prefer
8. Dish liquid soap

Mealtime Clean Up: The Order:

1. Clear Table
2. Brush off tablecloth and pre-treat spills with stain remover. Or wipe down table
3. Stack dishes next to sink
4. Begin Washing (Instructions below)
5. Glasses and Mugs
6. Flatware, Silverware
7. Plates, Bowls
8. Pots, Casseroles

Mealtime Clean Up: Hand Washing the Dishes:

1. Begin by making sure your sink is clean. Empty the sink if needed. Squirt a small amount of your favorite cleaner into the sink and scrub with a clean sponge or cloth. Rinse the sink.
2. Place your drying rack on the right hand side of the sink with a drain mat or clean towel underneath.
3. Fill sink about ½ full with hot water adding liquid dish soap to the water while the sink is filling. The water should be as hot as your hands can stand. Be sure the soap has dissolved. Swish you hand in the water if needed. Use enough soap to eliminate grease in the water, but not so much that it does not rinse off your dishes easily. Note the manufacturer's instructions if you are not sure.
4. Use a clean dishcloth or fresh sponge. For bottles and vases, you should use a good bottle brush.
5. Begin washing dishes that are least soiled first. Generally, this would be your drinking glasses, and flatware. Rinse each item and place in the drying rack, or on a clean towel.
6. Next wash plates and bowls. If your dishwater becomes too soiled, you should stop and refill the sink with fresh hot water and dish soap. If the water has become lukewarm, you'll need to add more hot water or fresh water.
7. Finally, wash your serving dishes, pots, and pans. Changing the water as needed.
8. If dishes are rinsed in hot enough water, they should air dry almost immediately. Once you have washed everything, or as you run out of needed space in your drying rack, put dishes away in their respective places. Dry dishes with a fresh and clean drying cloth if water is still present. Drying your dishes by hand will also remove any streaks or spots left by the water.
9. Dishes should be put away as soon as you have finished washing. Your kitchen will look much more pleasing and orderly without stacks of dishes sitting on the counter.

Dairy _____

Bread/Deli _____

Canned/Frozen _____

Produce _____

Proteins _____

Other _____

20 family favorite go-to meals

recipe

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family favorite recipes

recipe

from the kitchen of

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