

Bryce's Kitchen Staples

The ingredients our co-founder actually keeps stocked — grouped the way a kitchen is, with check-off rows to build your own list.

Up Front: A small set of versatile staples — not a full pantry — is what helps keep weeknight cooking quick, repeatable, and good.

START HERE

Why a staples list helps

This list is a starting point, not a shopping mandate. A small, familiar set of ingredients is what helps keep cooking at home quick and repeatable. Keep a handful of versatile seasonings, a few good fats, a couple of sweeteners, and reliable proteins on hand, and most weeknight meals come together without a plan. Below are Bryce's go-tos, grouped the way a kitchen is. Whole foods come first; the richer items are the small amounts that help food taste finished. Use them as a starting point and swap in your own favorites.

The NuStart way to read this list. Whole foods first — vegetables, lean proteins, whole grains, fruit — then a little fat, a little sweetness, and plenty of seasoning to help it all taste good. The richer staples here earn their place in small amounts; that's part of what keeps healthy eating both satisfying and sustainable.

CHECK OFF WHAT YOU HAVE

Bryce's go-to ingredients

At home, check what you already have. Circle what's missing — the circles are your shopping list.

HERBS & SPICES

- ☐ Basil
- ☐ Bay leaf
- ☐ Black pepper
- ☐ Cinnamon
- ☐ Cilantro
- ☐ Cumin
- ☐ Fennel seed
- ☐ Garlic powder
- ☐ Nutmeg
- ☐ Onion powder
- ☐ Oregano
- ☐ Red pepper flakes
- ☐ Rosemary
- ☐ Sesame seed
- ☐ Smoked paprika

FAVORITE BLENDS

- ☐ Southwest Chipotle (Fresco Spice Blends)
- ☐ Penney's Little Italy (Fresco Spice Blends)
- ☐ Everything but the Bagel (Trader Joe's)
- ☐ Pumpkin Pie Spice

FINISHING SALTS

- ☐ Kosher salt
- ☐ Sea salt

VINEGARS

- ☐ Balsamic vinegar
- ☐ Rice vinegar
- ☐ Apple-cider vinegar

CONDIMENTS & HOT SAUCES

- ☐ Soy sauce
- ☐ Worcestershire
- ☐ Ketchup (Heinz Simply)
- ☐ Yellow, spicy, and Dijon mustard
- ☐ Salsa (Pace chunky, mild and medium)
- ☐ Hot sauces — Tabasco, Cholula, Frank's RedHot

FRESH AROMATICS

- ☐ Carrots
- ☐ Celery
- ☐ Sweet onion
- ☐ Sweet bell peppers (especially red)
- ☐ Fresh garlic

LEAFY GREENS

- ☐ Romaine
- ☐ Green leaf lettuce
- ☐ Red leaf lettuce
- ☐ Baby spinach

FRESH VEGETABLES

- ☐ Broccoli
- ☐ Cauliflower
- ☐ Brussels sprouts

FRESH FRUIT

- ☐ Apples
- ☐ Bananas
- ☐ Whatever's in season
- ☐ Fresh berries — blackberries, strawberries, blueberries, and raspberries

FROZEN FRUIT & VEGETABLES

- ☐ Frozen fruit
- ☐ Frozen vegetables

STARCHES & WHOLE GRAINS

- ☐ Russet, gold, and red potatoes
- ☐ Sweet potatoes
- ☐ Rice
- ☐ Farro
- ☐ Quinoa
- ☐ Old-fashioned oats

PANTRY — CANNED & JARRED

- ☐ Petite diced tomatoes (Red Gold)
- ☐ Tomato juice
- ☐ Pineapple juice
- ☐ Chicken and vegetable broth

COOKING OILS

- ☐ Extra-virgin olive oil
- ☐ Coconut oil
- ☐ Avocado oil

NUTS, SEEDS & NUT BUTTERS

- ☐ Natural creamy peanut butter (Kroger)
- ☐ Chia
- ☐ Flax
- ☐ Walnuts
- ☐ Almonds

PUT IT TO WORK

Try this

Stock five or six of these staples this week and build one simple meal around them — an aromatic base, a lean protein, a whole-food carb, and a favorite seasoning to finish.

Not sure what an aromatic base is? It's the vegetables you start a dish with — onion, carrot, celery, garlic. Soften them in a little oil and you're at the beginning of chicken noodle soup, wild rice soup, or beef stew.

The Bottom Line: Keep a handful of these staples stocked and most weeknight meals come together without a plan — start with five or six.

NATURAL SWEETENERS

- ☐ Maple syrup
- ☐ Honey
- ☐ Brown sugar

BAKING BASICS

- ☐ Flour
- ☐ Vanilla
- ☐ Baking soda
- ☐ Baking powder
- ☐ Cornstarch

DAIRY

- ☐ Butter
- ☐ Whole milk
- ☐ Shredded Mexican-blend and Italian-blend cheese

PROTEINS

- ☐ 85/15 grass-fed ground beef
- ☐ Boneless, skinless chicken breasts
- ☐ Eggs
- ☐ For special occasions: steak

BEVERAGES

- ☐ Coffee
- ☐ Tea

TOOLS BRYCE REACHES FOR MOST

- Mixing bowls, cutting boards, sharp knives (for vegetables and proteins), and a knife sharpener
- A Vitamix blender
- Cookie sheets
- The oven and cooktop
- Skillets, pots, pans, and a Dutch oven
- A Crockpot slow cooker
- Cooking tongs
- Oven mitts and towels for hot pans

Pairs with the Cooking with Herbs & Spices and How to Use Your NuStart Kitchen Tools handouts.