

Healthy Cheating Beginner Kitchen Starter Kit

Welcome!

If you've ever felt overwhelmed in the kitchen, or didn't know what to buy, or assumed cooking healthy means expensive or time-consuming meals?

You're not alone! And you're in the right place.

This quick-start guide gives you:

- 5 essential kitchen tools (just the basics)
- 10 everyday ingredients to build easy, healthy meals
- 3 no-recipe meal ideas to try right now

Let's get cooking! No stress, no diet rules, no fancy stuff.

5 Tools Every Beginner Cook Needs

You don't need a fully stocked kitchen. Just these essentials to cook almost anything:

1. Cutting board: One big enough for chopping veggies and protein
2. Sharp knife: A chef's knife or similar; dull knives are more dangerous
3. Non-stick fry pan: (medium size) For stir-fries, eggs, pancakes, etc.
4. Small saucepan with lid: For boiling rice, oats, pasta, or soups
5. Measuring cups/spoons: For consistency as you learn

Bonus nice-to-haves: mixing bowl, spatula, storage containers



10 Ingredients to Always Have on Hand

These staples can be mixed and matched for quick, healthy meals.

Fridge/Frozen:

- Eggs
- Greek yogurt
- Frozen vegetables (stir-fry mix or broccoli)
- Cheese (block or shredded)

Pantry:

- Rolled oats
- Tinned beans (like chickpeas or black beans)
- Brown rice or microwave rice packs
- Olive oil
- Canned tomatoes
- Spices: garlic powder, paprika, cumin, or mixed herbs

These ingredients are versatile, budget-friendly, and last a while.

3 Easy Meals You Can Make Right Now

1. Veggie Stir-Fry with Beans or Eggs: Sauté frozen veg in oil, add beans or scrambled eggs, season with soy sauce or herbs. Serve over rice.
2. Smashed Avo: Cut & mash 1 avocado with a fork, add lemon juice and olive oil. Serve on toast!
3. Scrambled eggs: Crack 2 eggs into a bowl with some salt and whisk. Melt some butter in a frypan on low heat. Add eggs. Stir until just cooked. Enjoy!

Tips for Total Beginners

- Start with one meal a day: Just making your own breakfast or lunch is a win!
- Repeat meals you like: Healthy eating doesn't need to be a Pinterest board!
- Season generously: Salt, garlic powder, and herbs are your friends.
- Clean as you go: Makes cooking way less overwhelming.

Just by downloading this guide, you're one step closer to cooking with confidence. No stress, no rules! Just real food that works in real life.

I'm so glad you're here.

Want more easy recipes + beginner cooking tips?

Visit healthycheating.com or follow me on Instagram @itshealthycheating

Coming soon: Free live cooking workshops! Join the waitlist at healthycheating.com

