



NUNCHI RETREATS

About SYKS:

We know that stocking your kitchen with tools, appliances, and pantry items can be overwhelming. This series will help you get started on the right path. You can then add and remove items to suit your needs and style.

SIGN UP!

Join us for one of our cooking retreats. A weekend getaway with cooking classes based on techniques rather than recipes. From knife skills, to sautéing to braising, we'll have you tackling kitchen tasks with confidence.

Learn more
nunchiretreats.com

STOCK YOUR KITCHEN SERIES: FRIDGE

PRODUCE

Carrots
Celery
Sweet Potatoes
Parsley
Basil
Thyme
Variety of vegetables (i.e. weekly CSA box):
Greens - Spinach, Kale, Arugula
Squash - Zucchini, Yellow and Butternut Squash
Seasonal - Asparagus
Variety of Fruits
Berries
Apples
Stone Fruits - peaches, plums etc
Seasonal - Strawberries, cherries

DAIRY

Unsalted butter
Eggs
Milk (or nut milk alternative)
Cheese (a couple of options to your taste)
Parmesan cheese
Greek Yoghurt

PROTEINS

Chicken (a whole chicken cut into 8 pieces)
Fish
Tofu
Ground meat - turkey, beef, pork



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STOCK YOUR KITCHEN SERIES: TOOLS

FREEZER

Peas
Squash Puree
Vanilla Ice Cream
Mixed vegetables
Poultry or Chicken (if not cooked within 2 days of purchase)
Homemade chicken stock
Steak
Bananas
Berries

Contact us at info@nunchiretreats.com for custom retreats. See you in the kitchen!