



## Cooking Basics Guide for Young Adults

Because feeding yourself is a life skill—not a punishment



### Kitchen Confidence Starts Here



#### Pantry Essentials

- Rice, pasta, oats
- Canned beans, tomatoes, tuna
- Peanut butter, olive oil, vinegar
- Salt, pepper, garlic powder, chili flakes
- Soy sauce, mustard, hot sauce



#### Basic Tools to Have

- Cutting board
- Chef's knife
- Measuring cups & spoons
- Mixing bowl
- Frying pan & saucepan
- Spatula, spoon, tongs



### Beginner-Friendly Meals



#### 5 Go-To Recipes

- Scrambled eggs + toast + fruit
- Stir-fry with frozen veggies + rice + soy sauce
- Pasta + jarred sauce + protein (chicken, tofu, beans)
- Quesadillas with cheese + beans + salsa
- Overnight oats with milk + fruit + nut butter



#### Mix & Match Formula

Base: rice, pasta, bread, tortilla

Protein: eggs, beans, chicken, tofu

Veggie: spinach, bell pepper, frozen mix  
Flavor: sauce, spice, cheese, herbs

### Safety & Sanity Tips

- Wash hands before cooking
- Don't leave pans unattended
- Use oven mitts (not your hoodie sleeve)
- Check food labels and expiration dates
- Clean as you go—future you will thank you

### Cooking Goals to Try

- ☐ Learn 3 meals you can make without a recipe
- ☐ Cook for someone else once a month
- ☐ Try one new ingredient each week
- ☐ Make a grocery list before shopping
- ☐ Celebrate your cooking wins (even if it's just "didn't burn it")

### Printable Ideas to Pair With This Guide

- "Meal Planning for Mortals" scroll
- "Grocery List Builder" worksheet
- "Kitchen Confidence Checklist"
- "Mix & Match Meal Matrix"
- "Cooking Wins Tracker" with space for photos or doodles

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