

# **ESSENTIAL MEAL PREP TOOLS**

These are the tools (all linked) that will make your meal prepping and cooking a lot more efficient and enjoyable.

## **KNIVES AND CUTTING BOARDS**

Made In 8-inch chef's knife (Western): a good sharp knife makes chopping faster and reduces the chances of cutting yourself. This is a western style knife.

Shun 8-inch chef's knife (Japanese): this is my recommended Japanese style knife. It will be lighter in weight with a thinner blade.

MAC 8-inch chef's knife (Japanese): this is another Japanese-style option.

Large serrated knife: essential for slicing bread or baked goods. You should have at least one serrated knife in your kitchen.

Serrated paring knife: paring knives are smaller knives that are useful for more detailed work or smaller to medium tasks, like slicing cherry tomatoes or hulling strawberries. I like this serrated one.

Paring knife (non-serrated): this is a non-serrated version of the one above.

Large cutting board: wooden or plastic: a larger surface area to chop things on means making less of a mess and better efficiency.

Plastic cutting board mats: if you need to prep or chop up a piece of raw meat or seafood, place one of these on top of your cutting board to avoid contamination.

## **POTS/PANS**

Large dutch oven: a large pot is great for braising and making soups for a large group

Medium dutch oven: this size is better for families of 2-4.

12-inch cast-iron skillet: cast-iron is my skillet of choice for all things. I love that they are all-natural, oven-proof, and naturally non-stick (you just have to season it!). This is the size I use most.

Non-stick skillet: a high quality non-stick skillet is always good to have on hand. This one is the BEST.

Stainless steel pots and pans (MADE IN LINK): I like stainless steel material for medium and smaller pots.

Universal lid - this lid will fit any skillet size!

## **LARGE APPLIANCES**

Vitamix blender: essential for getting extra smooth smoothies and sauces. This one can also chop up veggies because it has a wider base.

6-Qt Instant Pot : a tool I have come to love for cooking soups, rice, chicken, and so much more.

Food processor: not a necessity if you have a high-speed blender like a Vitamix, but it is helpful for specific things.

Nutribullet blender: for blending small amounts of things (like a sauce).

## **UTENSILS/BOWLS**

Fish spatula: the life-changing spatula I use for everything, not just fish!

Metal tongs

Large whisk

Rubber spatula

Wooden spoon

Metal mixing bowl set: a good set of metal mixing bowls for mixing together different amounts.

Large wide metal mixing bowl: I LOVE this extra wide large mixing bowl for tossing salads together (it's also my husband's dedicated popcorn bowl).

## **BAKING**

2 rimmed half sheet pans: essential for roasting.

2-4 rimmed quarter sheet pans: super helpful for cooling grains, roasting or toasting small amounts of things, and great for organizing ingredients on. I use these all the time!

Digital scale: a baking essential! I also use it to weigh my veggies for recipe testing.

Measuring cups and spoons: recommend having two sets.

USA Pan 8x8-inch baking dish

USA Pan 9x13-inch baking dish

USA Pan 9x5-inch loaf pan

USA Pan muffin tin

Oven thermometer: to see what the real temperature is in your oven. You can't always trust the ovens numbers!

## **STORAGE**

Wide-mouth jars: for making, storing, and freezing servings sizes of dressings, grains, etc...

8 oz jars: best size for freezing small amounts of sauces, etc...

16 oz jars: best size for freezing individual sized portions of soups, etc...

24 oz jars: best size for freezing larger portions of soups, etc...

Container set with lids: my all-time favorite plastic meal prep container set.

Glass container set with lids: the glass version of the plastic ones above

Stasher bags: reusable resealable silicone bags. I use the gallon size to store my herbs and greens and smaller sizes for anything and everything.

4 Qt plastic container: this is what I use as my "garbage bowl" but it also doubles as a measuring tool for large amounts of liquid.

## **OTHER**

Bench scraper: one of my all time favorites, this little tool helps you transfer chopped veg from your cutting board efficiently and is a great way to clean your cutting board or your counter between tasks.

Mandolin: this makes thinly slicing fennel, onions, radish, carrot, celery, etc... a breeze!

Kitchen shears: I use these all the time for cutting herbs like cilantro and scallions onto things and also for slicing through or trimming chicken or other meats.

Y-peeler: this is the best (and cheapest) peeler out there.

MoHa ginger grater: I love using grated ginger in recipes, so this tool is used a lot in my kitchen. It makes grating ginger (or garlic) so much easier!

Fine mesh sieve: essential for draining grains, legumes, or anything that would fall through the big holes of a colander.

Box grater: throw away your handheld grater and upgrade to this one.

Salad spinner: for washing your greens and herbs.

Lemon juicer

Instant read thermometer: I use this anytime I cook meat to make sure I don't over or undercook it (chicken breast, meatballs, steak, sausage, etc...)

Magnetic white board for fridge: this is a great place to plan out your dinners and/or write your dinner staples!

Magnetic timers: great for when you have to set multiple timers.

## **KNIFE SHARPENING**

Japanese Knife Sharpening Stone - this is a classic manual sharpening stone.

DMT 8" DuoSharp Bench Stone with Base - this is a good manual sharpener, but it seems a bit complicated to figure out, has two parts, and is pricey.

Work Sharp E5 Sharpening System - this is the best mechanical option, but is pricey.

Kitchen IQ knife sharpener - this is a very inexpensive mechanical option that also comes highly recommended.

Honing rod - for keeping your knife edges straight and sharp between sharpenings, this ceramic rod is best.

## **FOOD PRODUCTS MENTIONED**

Momentous whey protein: the best whey protein powder I've found.

Be Well by Kelly Beef Protein Isolate: the protein powder I use on a daily basis.

Ritual protein powder: the best plant-based protein powder I've found.

Soom tahini: this is the best tahini ever. If you think tahini is bitter or pasty, then you haven't tried the right one.

Graza "drizzle" olive oil: everyone needs a high quality olive oil to use as a "finishing oil" for drizzle over things like pasta, veggies, salads, bread, etc...This is one of my favorites for its quality and price, plus the squeeze bottle is so useful!

Diamond Crystal kosher salt: the only salt I ever cook with! Learn all about it in this lesson: "8.9 Let's talk about salt".

Maldon flaky salt: this is the best finishing salt to sprinkle onto anything from baked goods to salads to avocado toasts!

Cassava tortillas: if you're looking for a gluten-free flour tortilla alternative, this one is the best.

Chomp meat sticks: a go-to high-protein store bought snack (great for travel).