

TOOLS + TIPS



kitchen tools

ESSENTIALS & EXTRAS

FOOD PREP ESSENTIALS:

- Instant Pot
- Food Processor
- A Good Chef Knife
- Immersion Blender
- A Deep Non-stick Skillet
- Baking Sheets

REALLY NICE TO HAVE:

- Steam Basket for Instant Pot
- Silicone Kitchen Utensils (protect your pans!)
- Paring Knife
- High-power blender
- Shredder Claws!

DURABLE MEAL PREP STORAGE:

- The glass 1-compartment containers I use
- The glass 2-compartment containers I use
- Pyrex large containers for staple foods

AFFORDABLE MEAL PREP STORAGE:

- Best Dollar Store containers for soup and chili
- Best Dollar Store containers for complete meals
- Condiment cups





pins to lids: steal my gameplan

a couple days out

Start thinking about what you're craving for the upcoming week. Spicy? Saucy? Something on the grill? Maybe just a few staples? If you live with your partner, ask them what they're craving to see if you can double the recipe(s) and knock out meal prep for two!

one day out

Make your grocery list. First, inventory your pantry and freezer to see what you can use from there. A jar of tomato sauce? Some frozen steak? Defrost today if needed! Depending on how much time you have, many people choose to grocery shop one day before meal prep so that there's less to do on meal prep day.

meal prep day

Give yourself enough time. If you're pressed for time, check out [this blog post](#) with some time-saving shortcuts. If you grocery shop today, budget an extra hour or so into your planning.

Enjoy an audiobook, podcast, or playlist in the kitchen. It really makes a difference and it's more fun than watching water boil!

Get cooking! If you cook anything for your spouse, invite them to do the dishes--relationships are give and take, right?!

And last, I highly recommend having a portion system, such as weighing your food (ideal) or using measuring cups (second best).

6 awesome places to find recipes

NEVER RUN OUT OF IDEAS AGAIN

WHAT'S FOR MEAL PREP BLOG

I hold my recipes to high standards. They are all either protein or fiber dominant (or both). All recipes hold up great for a week and have an instant track button for MyFitnessPal if you practice macro tracking.

SKINNYTASTE BLOG & BOOKS

Gina Homolka is a culinary genius. She shares hundreds of free recipes on her blog, but I recommend picking up one or two of her cookbooks. Two of my favorites are **Skinnytaste Fast & Slow** and **Skinnytaste One and Done**.

FED & FIT BOOK AND BLOG

Cassy Joy Garcia wrote a book that changed meal prep forever called *Cook Once, Eat All Week*. **Highly recommend** purchasing it, especially if you cook for 2 or more. Her blog is also a free recourse for balanced recipes. I consider her the casserole queen--check out her bakes and put them in your rotation!

KEVIN CURRY'S FIT MEN COOK

Kevin shares a lot of free content, but I highly recommend purchasing the Fit Men Cook app (a one-time purchase of \$4.99). He's curated so many flavorful meals that are all designed for meal prep. The app includes video demos, macros at a glance, and grocery lists.

PALEOMG BLOG

Julie Bauer's entire recipe vault is paleo (browse here for your proteins!) If you are watching the dairy, paleo recipes offer awesome swaps that omit dairy and still taste amazing.

YOU WILL LOVE THESE:

Get Cook Once Eat All Week (Great for families & staple preppers!)

Get FitMenCook from the App Store

Get SkinnyTaste Fast & Slow

Get SkinnyTaste One & Done

Get Pinch of Yum's Free InstantPot Freezer Meal Vault (16 super simple recipes!)