

The List

PREP WORK TOOLS

- ☐ Basic set of knives
- ☐ Mandoline slicer
- ☐ Cutting mats
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Several large bowls

MUST HAVE SPICES

- ☐ Download the top 5 Master Spice Mixes

COOKING

- ☐ Medium Saucepan
- ☐ 10-12 inch skillet (or both)
- ☐ Baking sheets

KITCHEN ELECTRICS

- ☐ Instant Pot
- ☐ High Powered Blender
- ☐ Meat Thermometer
- ☐ Slow Cooker

BASICS

- ☐ Parchment paper
- ☐ Freezer bags
- ☐ Plastic wrap
- ☐ Storage containers

GET READY FRIENDS!

We can do this together. Becoming a meal prep maven just takes having the right tools and a little practice.

GRAB THE ENTIRE SHOPPABLE LIST AT:

<https://www.foodologygeek.com/meal-prep-tools-and-supplies/>

Recipes

Meal Plans

Nutrition

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