

kitchen equipment

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Kitchen Equipment

1. Food Preparation Tools

- **Chef's Knife & Sharpener:** A high-quality knife (e.g., *Misen Chef's Knife*) for efficient chopping, slicing, and dicing
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 - **Cutting Boards:** Separate boards for produce and meats (e.g., *Dexas Rainbow Flex Mats* for non-slip use)
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 - **Vegetable Chopper/Spiralizer:** For quick dicing (e.g., *Cuisinart Push Chopper*) or creating veggie noodles
 - **Food Processor/Blender:** For sauces, nut butters, or chopping bulk veggies (e.g., *Ninja Foodi* or *Vitamix*)
 - **Immersion Blender:** For blending soups directly in pots
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2. Cooking Appliances

- **Instant Pot/Pressure Cooker:** Batch-cooks grains, beans, and proteins quickly (e.g., *Instant Pot Duo*)
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- **Slow Cooker:** Hands-off cooking for stews and roasts
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- **Air Fryer:** Healthy, crispy meals with minimal oil (e.g., *Dash Air Fryer*)
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- **Sheet Pans & Silicone Mats:** For roasting veggies/proteins in bulk (e.g., *Nordic Ware Baker's Set*)

3. Storage Solutions

- **Glass Containers:** Microwave/freezer-safe (e.g., *Pyrex* or *Ello Glass Containers*)
- **Souper Cubes:** Silicone trays for portioned freezing (e.g., 1-cup or 2-cup trays)
- **Stasher Bags:** Reusable silicone bags for snacks or marinating
- **Mason Jars:** For salads, overnight oats, or dressings

4. Portion Control & Organization

- **Digital Kitchen Scale:** Precise measuring (e.g., *OXO Good Grips*)
- **Measuring Cups/Spoons:** For consistent recipes
- **Meal Prep Planner:** Physical pad or app for tracking recipes/groceries

5. Miscellaneous Essentials

- **Salad Spinner:** For washing/drying greens (e.g., *OXO Salad Spinner*)
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- **Vacuum Sealer:** For long-term freezer storage (e.g., *FoodSaver*)
- **Spice Organizer:** Streamline flavor additions
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