

# PREPYOSELF

## Kitchen Equipment



Recommended Kitchen Tools  
and Cooking Utensils

# Cookware



## Frying Pans 6 in and 10 in

- fry eggs
- make omelettes
- saute veggies
- pan fry chicken



## Sauce Pans 1 Q and 2QT

- boil veggies
- boil eggs
- cook rice
- cook pasta
- make soup



## Deep Saute Pan with Lid

- one skillet dishes
- soups
- simmering dishes

# Cookware



## Grill Pan

- grill steak
- grill chicken
- grill vegetables



## Wok

- stir fry dishes



## Air Fryer

- "frys" with little oil
- bakes
- roasts



## Instant Pot

- Pressure cooker, slow cooker
- rice cooker, steamer
- saute pan
- food warmer



## Crock Pot

- slow cooker

# Bakeware



Casserole Pan



Sheet Pan



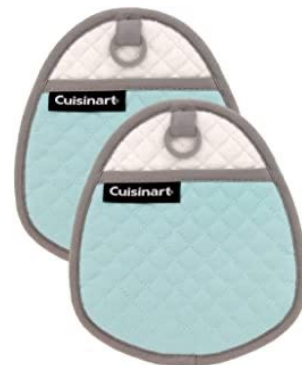
Muffin Pan



Baking Dish



Mixing Bowls



Hot Pads

# Prepware



Nutribullet Blender



Meat Thermometer



Knife Set



Cutting Board



Prep Bowls



Spice Ramekens

# Prepware



Spiralizer



Colander



Citrus Juicer



Strainer



Pourable Measuring Cup



Kitchen Scissors

# Utensils



## Cooking Utensils

- spatulas
- pastry brush
- ladles
- tongs
- whisk
- melon baller
- measuring spoon/cup



## Vegetable Peelers



## Scoops

- useful for portioning
- useful for meatballs
- usefull for scooping batter

# Storage Containers



## Glass containers

- Highly recommended
- Purchase oven safe



## BPA Free Plastic Containers



## Compostable Containers