

## Food Scale



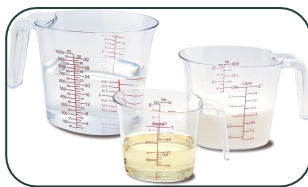
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- Weighing out protein foods can help you be sure you meet your meal protein target.
- Keep in mind most meats, poultry, fish, and seafood will shrink during cooking due to water and fat loss.
- A good “rule of thumb” is to expect about 20% shrinkage. To achieve your cooked protein target, weigh out 20% more food. Multiply your cooked weight target by 1.2. For example, if you want 4 oz of cooked ground beef, weigh out about 5 oz ( $4 \text{ oz} \times 1.2 = 4.8 = \text{about } 5 \text{ oz}$ ).
- When working with cooked proteins, there is no need to adjust for shrinkage.

## Measuring Cups & Spoons



[LINK](#)



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- Look for products with easy to see measurements.
- Stackable or “nesting” products save storage space.
- Dishwasher safe products are a plus.

## Food Thermometer



[LINK Option 1](#)

[LINK Option 2](#)

- [Cooking food](#) (especially proteins) and [reheating leftovers](#) to the proper temperature is essential for food safety.
- Use a thermometer to check temperatures to confirm cooking is done and foods are reheated adequately.
- Non-digital thermometers don’t require batteries. Digital thermometers need batteries but can be easier to read.
- Take food out of the oven before you check the temperature so you don’t get burned. Put the food back in the oven if it is not done.
- Calibrate your thermometer when you first buy it, if you drop it, and periodically thermometer periodically following the manufacturer’s instructions.

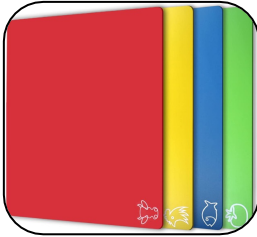
## Non-Stick Cookware



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- Non-stick products help you cook without adding lots of fat.
- They are easy to clean.
- Dishwasher and oven safe products are a plus.
- Purchasing a set can cost less than buying individual pieces. Look for sets that include skillet, saucepan, a Dutch oven, and roasting and sheet pans.

## Cutting Boards



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- Flexible boards make it easy to transfer food from the board to cooking vessels and storage containers.
- Grid-textured bottoms keep boards in place. Placing a kitchen towel under the board adds even more stability.
- Use different colors for raw meat, poultry, fish, and produce to avoid bacteria [cross-contamination](#).
- Dishwasher safe products are a plus.

## Oil Sprayer



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- As an alternative to buying cooking sprays, oil sprayers help you control added fats during cooking.
- A great companion to your non-stick cookware!
- Use to spray flavorful oils, such as olive or sesame, onto salads and cooked foods.

## Chef & Paring Knives + Sharpener



[LINK](#)



[LINK](#)

- Use a chef knife to cut raw and cooked meats; cutting through smaller bones; chopping, slicing, dicing, and mincing vegetables and fruits; and chopping nuts and fresh herbs.
- Use a paring knife to smaller, more intricate tasks like peeling, deseeding, coring, and trimming.
- Sharp knives are easier to use and decrease risk of injury. Sharpen frequently used knives about every 2 – 4 weeks.

## Microwave Cookware for Eggs



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- Helpful tools to cook eggs quickly.
- Easy to clean, which also saves time.



[LINK](#)

## Meal Prep Containers



[LINK](#)

- Fill with cooked and ready-to-eat foods to eat at home or on-the-go, or with ingredients for a meal to cook later.
- Use a container with the features below to prep a meal with 30-40 grams of quality protein and the right balance of quality carbs:
- 3 compartments – 16 oz total weight capacity.



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- One 2-cup compartment – fill up with non-starchy vegetables and some fruit.
- Two 1-cup compartments –
  - Completely fill 1 with high quality protein (will hold up to about 5-1/2 oz cooked meat, fish, seafood, etc.)
  - Fill 1 half-way with whole grains or starchy vegetables.
- Reusable, dishwasher safe products are a plus.

## Insulated Bag for Meal Containers



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- Keep foods cold and safe to eat on the go.
- Wipe clean, spray with a sanitizer, and allow to air-dry after each use.
- Check bag dimensions to be sure it fits your meal prep container(s).
- Team up with reusable ice packs.

## Food Containers + Condiment Cups \*reusable and disposable options available



[1 OUNCE](#)

- Ideal to pre-portion condiments to take on-the-go.
- For example, fill with ½ oil + ½ vinegar or your favorite [vinaigrette dressing](#).



[4 OUNCE](#)

- Holds ½ cup of food.
- Ideal to pre-portion fruit, cooked grains, or cooked starchy vegetables for on-the-go meals.
- Fill with 1/4 cup uncooked grains and store in the pantry until ready to make. (makes 1/2 cup cooked serving.)



[8 OUNCE](#)

- Holds one cup of food.
- Ideal to pre-portion cooked sliced or diced proteins for on-the-go meals.
- Pre-portion proteins to cook later.



[16 OUNCE](#)

- Holds two cups of food.
- Ideal to pre-portion non-starchy vegetables to cook later.

## Slow Cooker



- Fill the pot the night before and put it in the refrigerator. Put the pot in the cooker in the morning.
- On high heat, food is usually done in 4 hours. In low heat it is usually done in 8 hours.
- Consider using [slow cooker pot liners](#) for easy meal cleanup

[LINK](#)

## Multi-Cooker



- Can be used as a slow-cooker.
- Addition functions expedite the cooking process: pressure cooking, rice cooking, steaming, and sauteing.
- Can be used to make many kinds foods — meats; hard boiled eggs; yogurt; roasted, sauteed and steamed vegetables; whole grains; beans; and lentils.

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## Air Fryer



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- Convenient for cooking vegetables, such as:

### Non-starchy

Asparagus	Broccoli	Green beans
Beets	Carrots	Mushrooms
Bell peppers	Cauliflower	Sweet potatoes
Brussels sprouts	Cherry tomatoes	Zucchini

### Starchy

Chickpeas	Lima beans	Taro root
Corn on the cob	Plantain	White beans

## Personal Blender



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- Great for making high protein smoothies – an easy way to boost protein with your breakfast.
- Look for a product with at a high-power motor (600+ watts) and for which replacement blades are available.
- Don't just rinse – WASH your blender jar and blade unit.
- A dishwasher safe product with a to-go lid is a plus. Rinse before putting in the dishwasher.

## Fruit Infuser Water Containers



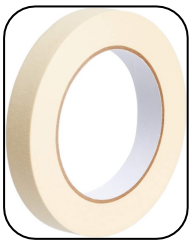
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- Water is perfect for hydration. Fruit-infused waters can be a refreshing alternative to plain water.
- A large picture is great to have at home in the refrigerator to share with family and friends.
- 16 – 20 oz bottles are great for on-the-go and keeping near you at work and at home.

## Other Helpful Household Items



[LINK](#)



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- Use to label containers of food you pre-prepare for meals.
- Use a permanent marker to label disposable cups and bags.
- Label containers with the name of the food and its “expiration date.” Use these rules to determine expiration dates:

Food to be kept in the refrigerator

Good rule of thumb: Today's date + 3 days ([see chart](#))

Food to be stored in the freezer

Today's date + up to one year ([see chart](#))