

Thrive with Isabelle™
Healthy Eating, Built for Life.

Kitchen Essentials



A Few Helpful Tools Can Make a Big Difference

You don't need a kitchen full of expensive equipment to get started with Thrive. Chances are that you already have many of the things you'll need.

Over time, I've found that certain tools make preparing meals easier, faster, and more convenient. These are some of the items I use regularly in my own kitchen and find especially helpful.

There's no need to purchase everything on this list. Start with what you have and add items as you find you need them.

You'll find these and other recommended products in the [Thrive Shop](#).

Helpful Everyday Essentials

Digital Kitchen Scale

One of my most-used kitchen tools. A digital scale makes measuring ingredients quick and easy, especially when recipes include weights in grams. Often, you can simply place a bowl on the scale, zero it out, and add ingredients directly rather than using several measuring cups.

Oil Sprayer

I use my oil sprayer almost every day. The one I recommend produces a particularly fine mist, allowing a few sprays to cover the bottom of a pan without using more oil than needed. It's also wonderful for roasted vegetables and other oven-baked dishes.

Cutting Boards

A good cutting board is essential for chopping vegetables, preparing ingredients, and making meals ahead of time. Choose one that's sturdy, easy to clean, and large enough to work comfortably.

Digital Food Thermometer

A food thermometer takes the guesswork out of cooking chicken, turkey, and other meats safely. I recommend two options in the Thrive Shop: an economical thermometer and a higher-end model for those who prefer one.

Glass Food Storage Containers

These are especially helpful for Thrive because you'll often be preparing food ahead and saving leftovers for another meal. I use mine daily for storing prepared ingredients, cooked vegetables, and complete meals.

Nonstick Skillets

Good nonstick skillets make everyday cooking and cleanup easier. I prefer PFAS-free options and recommend having two different sizes if possible. Use utensils and cooking temperatures appropriate for your pans to help them last.

Parchment Paper

One of the simplest kitchen conveniences. Parchment paper makes baking and roasting easier, helps prevent sticking, and reduces cleanup. Always follow the manufacturer's temperature limits.



Other Tools I Find Useful

Milk Frother

I use mine for morning coffee and for mixing collagen or protein powders into liquids. It's also handy for blending in cinnamon and other powdered ingredients.

Nut Chopper

A small convenience I use regularly. Chopped nuts add a wonderful little crunch to yogurt bowls, oatmeal, and fruit.

Glass Baking Dishes

I recommend a 9 × 13-inch baking dish and a glass loaf pan. Both are useful for Thrive recipes and easy to clean. Always follow the manufacturer's instructions for safe oven use.

Nonstick Pizza Pan

Handy for the take-and-bake pizza nights included in Thrive. A good pan helps the pizza bake evenly and makes cleanup easier.

Toaster

I often freeze bread because I don't go through a whole loaf quickly. A toaster makes it easy to take out just what I need

Keep It Simple

You don't need an expensive kitchen or every tool on this list to succeed with Thrive. Start with what you have and add what makes preparing your meals easier.

Remember, Thrive is designed to simplify healthy eating—not complicate it.

Explore the [Thrive Shop](#) for these and other helpful kitchen essentials.

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