



Cassie's Favorite Kitchen Tools

TOOLS TO MAKE MEAL
PREP MORE EFFICIENT









Kitchen Tools

I'm excited to share some of my favorite tools that help make meal preparation smoother and more efficient. In my experience, having the right tools at your fingertips can transform the way you cook and organize your meals.

While everyone has their own preferences and techniques, I've found that certain tools consistently streamline my process, saving me time and reducing stress in the kitchen.

[Click here to see my “Wellness That Fits, LLC - Meal Prep” list on Amazon and for the links to purchase.](#)

	Item	Uses
	Metal mesh strainer	Drain and rinse beans, lentils, legumes; rinse grains like rice and quinoa, drain any canned good or pasta, scoop veggies out of broth, strain bone broth, transfer blanched leafy greens (from hot water, from ice water)
	Cookie scoopers	Small: scoop and form energy balls, meatballs Medium: scoop pancake mix, egg mixture for egg bites Large: scoop cocotini cookies or any larger baked good
	Coffee Grinder	Grind whole coffee beans, grind chia and flaxseed for energy balls or baked goods to increase absorption of nutrients
	Lemon + lime squeezer	2 in 1 lemon lime squeezer to get every drop!
	Milk frother wand	Mix drinks, hot chocolate, sauces, marinades, dressings
	Stand mixer	Energy balls, baked goods, etc.
	Immersion blender	Soups, sauces, homemade mayo

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	Rice cooker	Cook grains like rice, quinoa, barley, millet; and lentils or legumes
	Digital Food Thermometer	Check internal food temps for food safety (poultry, ground meat, fish, eggs, etc.)
	Silicone muffin pan	Zucchini muffins, pumpkin chia chip muffins, kale cottage cheese egg bites, egg patties (or confetti eggs) for breakfast sandwiches
	Clear storage containers	Storage bins to organize core ingredients and meals in the fridge, pantry, or freezer
	Reusable ziplock food storage bags	Store leafy greens, veggies, frozen items like herb cubes, stevia cubes, ginger, homemade broth
	Kid lunch containers	Organize kid lunches
	Stainless steel sauce containers	Best to keep sauces and dressings from leaking into other foods for either kid lunches or adult lunches
	Spice/Herb Jars	Organization of spices
	Pyrex Storage Containers (9 pk mixed set)	Food storage
	Pyrex Storage Containers (7 cup)	Food storage, Salad bowls for lunches