

So Flippin' Easy: Kitchen Checklist

OK, first thing's first... the kitchen stuff. Before you hit the store for the week, take inventory in your kitchen using this list and the "Kitchen Essentials" video in your *So Flippin' Easy* week one home base.

If there's a tool on the list that you don't have and don't want to purchase right now, not to worry. There's probably a work around or an alternative. The kitchen tools are generally listed in order of importance, so the ones toward the bottom of the list aren't as essential.

Items with a * are the most important items that the *So Flippin' Easy* meal plan will require.

Note: Some items are linked to examples you can purchase online. These are products I've either used or have checked out and look to be of good quality. You do not have to purchase these products specifically, they are just suggestions/recommendations.

Kitchen Tools

- chef's knife (I recommend a 5 or 6 inch blade)*
- a good sized cutting board*
- large skillet or saute pan*
- large pot*
- baking sheets (2)*
- mixing bowls (various sizes)
- aluminum foil
- paper towels
- gallon-sized plastic storage bags
- plastic or glass storage containers of various sizes
- muffin pan (or pie dish)
- vegetable peeler
- steamer basket
- parchment paper
- medium-sized pot
- slow cooker
- blender
- food processor
- fine mesh strainer
- zester
- lemon squeezer
- serrated knife (a knife with teeth-like blade)
- mandolin
- meat thermometer