

# Kitchen Set Up

Name

Date

## Kitchen Equipment Ideas

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- Pressure Cooker
- Air Fryer
- Pan(s)
- Pot(s)
- Oven Sheet(s)
- Knives
- Mixing Bowl(s)
- Measuring Cup(s)
- Table Spoon Set
- Cutting Board
- Spatula(s)
- Sou Vide
- Storage Containers
- Whisk(s)
- Aluminum Foil
- Parchment Paper
- Strainer
- Food Processor
- Mixer
- Casserole Dish(es)
- Roasting Pans
- Ziploc Bags
- Blender

**Is any there other Kitchen Equipment you might need?**

# Coaching

Interested in achieving your weight loss goals? I'm here to help, as a coach I can assist you through your weight loss journey. If your interested, start by booking a [free consultation call!](#)

Connect with me on my various social media platforms for content related to health, dieting, and meal prep.



**BUBBIE WAS  
CHUBBIE**

