

Shopping List for the Kitchen – Making Dinner Easier

 [foodandhealth.com/black-friday-shopping-list-for-cooking-for-better-health](https://www.foodandhealth.com/black-friday-shopping-list-for-cooking-for-better-health)

The stores are boasting discounts on kitchen items this year, from tools to machines to pots. Perhaps you want to give a gift to a cook? Or do you want to stock up on equipment for your own kitchen?

Here is our "good idea" list to make meal prep faster, tastier, and more manageable.

Small items

- Vegetable peeler
- Sharp knives, including paring knife and chef's knife or santoku knife
- Serrated utility knife
- Nonslip cutting boards
- Nonstick silicone cooking utensils that are always ready and easy to clean
- Japanese mandolin for slicing anything thin and even
- Mixing bowls for making salads, baked items, batters
- Baking mitts
- Aprons
- Colander for draining pasta, potatoes, and veggies
- Lettuce spinner to make your own salads
- Measuring cups and spoons
- Graters and Microplane grater zester
- Hand-held citrus juicer
- Small scoops for portioning ice cream or making cookies and muffins

Bigger appliances

- Air fryer for veggies and fries and crispy items made without frying
- Instapot for soups, beans, and easy dinners
- Rice cooker for grains
- Mixer for baking and making whole-grain pizza dough
- Blender for sauces and smoothies
- Food processor for sauces
- Ice cream maker for fruit sorbet
- Outdoor propane grill for healthful dinners without heating the kitchen

Pots and pans

- Sheet pans for sheet pan dinners and baking
- Dutch oven
- Soup pot or stock pot
- Nonstick frying pans

- Glass baking pans
- Teapot

Serving dishes, cups, lunchboxes, bento boxes

- Pitcher to make iced tea or water with lemons
- Footed glasses for fruit/yogurt desserts
- Lunchbox or bento box for taking healthier meals on the go
- Smoothie cups with lids
- Salad bowls

Kids in the kitchen

- Waffle maker
- Panini maker
- Popcorn maker
- Yogurt maker
- Popsicle molds

Spice mixes

- Mediterranean or Italian seasoning
- Cracked black pepper
- Fleur de Sel or sea salt flakes
- Any of your favorite mixes