**INFOGRAPHIC**

**Equip Your Kitchen for Healthy Home Meals**

**Why Cook at Home?**

Those who eat out consume an average of 134 calories more **per meal**. Americans eat out an average of 4.5 times per week, so those extra calories can add up to substantial weight gain -- and give you a reason to prepare your own meals.



**Make healthy eating easier with these kitchen tools:**

1. **PREP:**

**Cutting Board –** essential for prepping meat and vegetables

**Chef’s Knife –** go for quality tomake chopping, dicing and slicing faster and easier

**Digital Food Scale** **–** get the precision you need for perfect recipes and portion control

1. **TECH:**

**High-Powered Blender –** make highly nutritious, healthy drinks from fruits and veggies

**Slow Cooker -** cook delicious meals while you are at work

**Pressure Cooker -** create single pot meals in 20 minutes or less

1. **COOK:**

**Ceramic Pan –** nonstick cooking surface allows you to cook without oil

**Vegetable Steamer –** preserve nutrients and natural, fresh taste

**Baking Sheet –** ideal forroasting vegetables in the oven or baking chicken and fish dishes

1. **SERVE:**

**Cloth Napkins –** to reduce waste and dress up your table

**Dinnerware –** pre-plate meals rather than serving family style to control portions

**Small Plates –** use salad plates and smaller dishware to manage perception of food volume

1. **STORE:**

**Glass Storage Containers –** keep your healthy leftovers so nothing goes to waste

**Mason Jars –** perfect for premade salads that you can bring to work

**Freezer Safe Re-Sealable Bags –** prepare double batches to make the most of your time

WeightNot can help you develop healthier eating habits.

We invite you to learn more.

CONTACT US (button)

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**www.weightnot.com**

Sources:

<https://www.ers.usda.gov/amber-waves/2010/june/eating-out-increases-daily-calorie-intake/>

https://www.zagat.com/b/the-state-of-american-dining-in-2016