

Turn Your Kitchen Into a Muscle Factory

M menshealth.com/nutrition/fit-kitchen-essentials

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Chef'n Twist, Taylor, BearPaws, Black and Decker, Tovolo

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You already know that preparing your own meals at [home](#) is healthier than eating out or ordering takeout.

That said, you probably also know that making your own meals can be a huge pain in the ass.

Related: [How to Cook the Perfect Salmon In 10 Minutes Flat](#)

It doesn't have to be that way. Rather than slicing and sautéing away your valuable time, pick up these kitchen essentials to prep [healthy meals](#) in record time and walk away with more gains to show for it.

[Chef'n Twist Hand Spiralizer](#)



1/20 Chef'n

Chef'n Twist Hand Spiralizer

Give your spaghetti dinner a healthier twist by swapping the pasta out for zucchini or yellow squash.

[\(Buy it here.\)](#)

[Tovolo Precision Chef Cutting Mats](#)



2/20 Tovolo

Tovolo Precision Chef Cutting Mats

Not sure the correct way to slice an onion or how you should be chopping a tomato? Just follow the lines and diagrams on these mats.

[\(Buy it here.\)](#)

[Copper Chef Pan and 5 Piece Set](#)



3/20 Copper Chef

Copper Chef Pan and 5 Piece Set

Nonstick gets a whole new meaning with this pan. You never need to add oil, and no matter what you cook or accidentally burn, cleaning it takes two minutes, tops.

[\(Buy it here.\)](#)

[ThermoPro Wireless Remote Meat Thermometer](#)



4/20 ThermoPro

ThermoPro Wireless Remote Meat Thermometer

Stick the end of this thermometer into whatever you're grilling and let it be. Thanks to the wireless remote, you'll be able to check the temperature of your meat from anywhere within a 300-foot radius.

[\(But it here.\)](#)

[Rollie Electric Egg Cooker](#)



5/20 Rollie

Rollie Electric Egg Cooker

Eggs go in, omelet comes out. Questions?

([Buy it here.](#))

[SodaStream Sparkling Water Maker](#)



6/20 SodaStream

SodaStream Sparkling Water Maker

If seltzer water is a staple on your grocery list, stop pouring your money down the drain. This sleek black SodaStream will look great in any kitchen.

([Buy it here.](#))

[Taylor Precision Products Compact Digital Scale](#)



7/20 Taylor Precision Products

Taylor Precision Products Compact Digital Scale

This digital scale can handle up to 11 pounds of food. And its compact design means you can take it with when you travel.

([Buy it here.](#))

[Joseph Joseph Dot Hydration Tracking Water Bottle](#)



8/20 Joseph Joseph

Joseph Joseph Dot Hydration Tracking Water Bottle

Whether you're working at your desk or preparing an epic meal, it's easy to forget to hydrate. Station one or two of these hydration-tracking bottles wherever you spend most of your time.

[\(Buy it here.\)](#)

Tovolo Strawberry Huller



9/20 Tovolo

Tovolo Strawberry Huller

Every time you cut the tops off your strawberries, you're wasting part of the fruit. Remove the hull and leaves—and nothing more—from your strawberries with this efficient tool.

[\(Buy it here.\)](#)

Bear Paws Shredder Claws



10/20 Bear Paws Shredder Claws

Bear Paws Shredder Claws

We'll bet you've never had this much fun pulling pork. (You know what we mean.) Grab ahold of these claws and channel your inner Wolverine.

[\(But it here.\)](#)

[George Foreman Evolve Grill](#)



11/20 George Foreman

George Foreman Evolve Grill

Bring your grilling inside for the winter with this celebrated classic, updated to drain off excess fat.

[\(Buy it here.\)](#)

[Chef'n VeggiChop Hand Powered Food Chopper](#)



12/20 Chef'n

Chef'n VeggiChop Hand Powered Food Chopper

Cut your meal prep time in half by throwing your veggies into this chopper. Simply pull the string and watch it dice away.

[\(Buy it here.\)](#)

[Inventions for Market One Click Butter Stick](#)



13/20 Harold Import Company, Inc.

Inventions for Market One Click Butter Stick

When it comes to butter and other fats, it's easy to accidentally overdo it. Keep things tasty yet healthy by using this product, which perfectly portions one slice of butter.

[\(Buy it here.\)](#)

[Juiceman Express Whole Juicer](#)



14/20 Juiceman Express Whole Juicer

Juiceman Express Whole Juicer

Why choose store-bought juices when you can make your own without all that added sugar—not to mention the unnecessarily inflated price tag. With its 900-watt motor, this personal blender can handle whatever fruit and veggies you throw at it. We're fans of the included to-go cups.

[\(Buy it here.\)](#)

Cuisinart Digital Steamer



15/20 Cuisinart

Cuisinart Digital Steamer

Unlike most steamer [products](#) where you can only cook one food type at a time, this five-liter digital steamer allows you to cook full meals in one shot. It steams from the top down, so your food is cooked evenly through.

[\(Buy it here.\)](#)

Taylor Precision Products Digital Measuring Cup and Scale



16/20 Taylor Precision Products

Taylor Precision Products Digital Measuring Cup and Scale

This measuring cup features a built-in scale. Just glance at the LCD screen on the handle to quickly know what you're working with.

[\(Buy it here.\)](#)

[Smart Planet Bacon Nation Master](#)



17/20 Smart Planet

Smart Planet Bacon Nation Master

If you can't eat eggs without a side of bacon, this is a game changer. This dedicated device cooks both sides of the meat simultaneously while draining off excess fat.

[\(Buy it here.\)](#)

[Black and Decker 7-Quart Digital Slow Cooker](#)



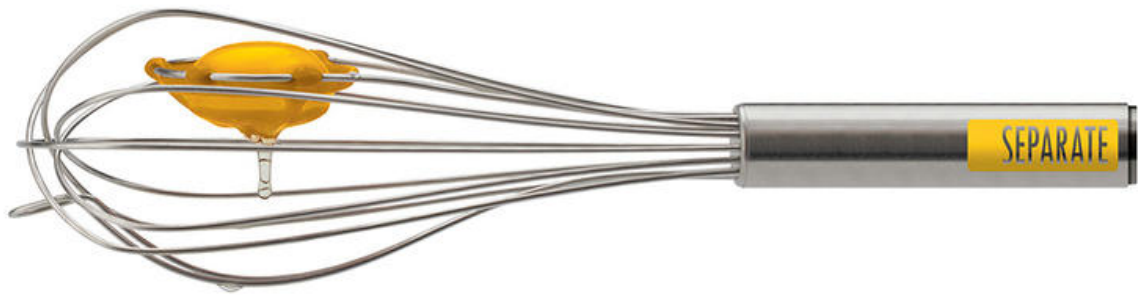
18/20 Black and Decker

Black and Decker 7-Quart Digital Slow Cooker

Make soup or even chili with virtually no effort. Throw your ingredients into this slow cooker before leaving for work, and a delicious home-cooked meal will be waiting for you when you get home.

[\(Buy it here.\)](#)

[Tovolo Yolk Out Whisk](#)



19/20 Tovolo

Tovolo Yolk Out Whisk

Use this convenient two-in-one tool to fluff up your eggs and separate yolks from whites.

[\(Buy it here.\)](#)

[Joseph Joseph Folding Portable Digital Kitchen Scale](#)



20/20 Joseph Joseph

Joseph Joseph Folding Portable Digital Kitchen Scale

If your “kitchen” is wherever you ate your last meal, take the guesswork out of portion control with this travel-friendly LCD scale.

([But it here.](#))

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