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Use this visual guide to see which kitchen tools could be helpful purchases. This list assumes that you already have a quality set of pots/pans/skillets, knives, cooking utensils, and other basic items.

	<p><b>Mixing Bowl Set (stainless steel)</b></p> <p>Versatile bowls. Nesting structure saves storage space. Toss a salad in a larger one; add water and ice to a medium-sized one to cool boiled eggs quickly. Example set on <a href="#">Amazon</a>.</p>		<p><b>Glass Measuring Cup</b></p> <p>Handle makes it easy to hold, measure and pour liquids. Cup is useful to warm up coconut oil in the microwave and substitute for vegetable oil in baking or for low-carb candies (recipe below). Example cup <a href="#">here</a>.</p>
	<p><b>Ice Cube Trays</b></p> <p>If you have extra chicken broth, or extra almond milk (for example), pour into a tray and freeze; then unmold, label and store in a ziplock bag in the freezer. Use individual cubes later as needed. Avoid waste!</p>		<p><b>Candy Molds</b></p> <p>For making low-carb treats, these are a must! You can find different shapes and sizes by searching for "silicone candy mold". Make low-carb candy like <a href="#">this recipe</a>. An example mold is <a href="#">here</a>.</p>
	<p><b>Thermometer</b></p> <p>This one is versatile and can be used for meat, candy, etc. It has goal temperatures listed on the handle for easy reference. Other options available but <a href="#">this one</a> does get good reviews.</p>		<p><b>Food Scale</b></p> <p>A very helpful tool for measuring, especially when the weight is needed. Measures ounces versus grams; product details and video for this particular one <a href="#">here</a>. Easy to clean, and pretty too!</p>
	<p><b>Misto Sprayer</b></p> <p>Add your own oil to the well, then pump and spray. Use <a href="#">this</a> instead of commercial aerosol sprays. Lightly mist your skillet or casserole dish with olive or avocado oil before cooking; also use it to mist on oil after cooking.</p>		<p><b>Parchment Paper</b></p> <p>Line cookie sheets to prevent sticking. Useful for making <a href="#">Parmesan crisps</a> or <a href="#">cheese crisps</a>. Also great for making parchment paper packet recipes like <a href="#">these</a>. Easy clean up. Great for portion control and meal prep.</p>
	<p><b>Frother</b></p> <p>Great for frothing cream in your coffee or for frothing other liquids. It's more delicate than a mixer; use it to blend lighter ingredients. Battery powered. Example <a href="#">here</a>.</p>		<p><b>Spiralizer</b></p> <p><a href="#">This</a> is a simple design that functions well, but you can get more elaborate ones if you wish. Quickly make zucchini noodles, or spiralize any veggie. <a href="#">Here</a> is an alternative.</p>
	<p><b>Crockpot/Slow Cooker</b></p> <p>Perfect for one-pot meals and busy lives. <a href="#">This one</a> is 7-quart with a see-through lid, manual control.</p>		<p><b>Grill Pan</b></p> <p>Use it on your stovetop to achieve grilled quality foods, including veggies, chicken, burgers, etc. Get a good quality one like <a href="#">this</a>.</p>
	<p><b>Small Crock</b></p> <p>Handy item for heating veggies in the microwave, especially smaller servings. Use <a href="#">this</a> instead of heating veggies in plastic.</p>		<p><b>Countertop Egg Cooker</b></p> <p>Consider getting one of <a href="#">these</a>; you can quickly cook soft- or hard-boiled eggs perfectly every time. Easy to peel too!</p>
	<p><b>Air Fryer</b></p> <p>These come in many shapes and sizes. Read more <a href="#">here</a> to select one that will meet your needs. Cook food quickly with less added fat. Example low-carb air fry recipes <a href="#">here</a>.</p>		<p><b>Small Blender</b></p> <p>Great for making protein shakes and single-serve treats. <a href="#">Here</a> is an option with a large blender and single blender cup combo. Useful for making salad dressings too!</p>