

YOUR KITCHEN, MADE SIMPLE

How to Use Your NuStart Kitchen Tools

Five steps from learning to eating — and the one thing to reach for at each.

1

Learn

Get what to eat to feel full and satisfied.

Reach for: your NuStart lessons and the *Satiety & Nutrient Food Guide*.



2

Plan

Pick the week's meals.

Reach for: your **Meal Plan** — or build your own from the recipes.



3

Shop

Turn the plan into a cart.

Reach for: the **grocery list** — every recipe has one, and so does each week's plan. Shopping online? Use the ordering guide.



4

Prep & Store

Get ahead — and keep it fresh.

Reach for: wash and cut your produce, batch-cook a base or two, and store leftovers to grab later (see the make-ahead & storage tips).



5

Cook

Make the meals.

Reach for: your **recipes** — each shows how filling and nourishing it is.

🔄 then do it again next week

A FEW THINGS THAT MAKE IT EASY

- Aim for meals that keep you full — look for the Satiety Score.
- Buy mostly whole foods; when a package has a label, pick one with five or fewer ingredients.
- Cook once, eat twice — leftovers are your friend.

★ Bryce's go-to kitchen tools

The equipment our co-founder and home cook actually reaches for: mixing bowls, cutting boards, sharp knives, and a knife sharpener; a Vitamix blender; cookie sheets; the oven and cooktop; skillets, pots, pans, and a Dutch oven; a Crockpot slow cooker; cooking tongs; and oven mitts and towels for hot pans.

A handful of dependable tools is all most cooking takes — the full kitchen staples list is in the "Bryce's Kitchen Staples" handout.