



Tiff 🍷 · Feb 12, 2019 · 2 min read

## FOOD 2: New food gadgets and accessories that any adult can geek out on

Wassup lovelies! So for this post, I wanted to write about some food accessories I got on Amazon that'll definitely come in handy not only for meal-prepping but also for eating healthy too.



Behold... the HotLogic mini heated lunch box!

That's right, you heard right. A lunch box where it comes with a pluggable hot plate you can use with any accessible outlet. Courtesy of a fellow friend and co-worker at my new-new job for telling me about this, I couldn't be any more thankful. When I first tried it, my prepped food came out piping hot after only heating up completely for about 30 minutes! Without burning it to a crisp. To be honest, it actually could've heated up in less time but I left it unoccupied while at work.

In addition, you can also heat up frozen and certain raw foods such as meats and veggies. However, you would have to heat it up for much longer in order to get it to a safe temperature. 5 out of 5 stars for sure!

Now gadget #2 had me geeking out the most and rightfully so. Mainly because I'm trying to change up my recipes and what I end up making as a result. Also, I want to eat healthier and continue to prep my meals for the week.



Behold again... the veggie spiralizer!

This lovely gadget can spiralize MOST veggies and transform them from angel hair pasta to curly shapes. Difficult to use at first as I was meal prepping for the week by making zucchini Alfredo with chicken, I struggled to make angel hair pasta out of the zucchini. At one point, I had to actually get rid of some skin to get it to work. And it did!



Success! Zoodles!!

After I got rid of the skin, it was much easier to spiralize the rest of the zucchini with the skin intact. Still had some mishaps, but easier nonetheless. The end result of the zucchini Alfredo with chicken definitely exceeded my expectations. Extremely delicious and it was all thanks to a recipe I found on Tasty! 4 out of 5 stars for this beaut.

Now drool over this pic of my masterpiece!



Zucchini Alfredo with chicken. All the noms!! ;)

With love,  
Tiff