

Did Someone Say Meal Prep?

Win your week by getting a head start in the kitchen. Meet the meal prep essentials that will get you fed in a flash.

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PEELER

@lizfoodfeed

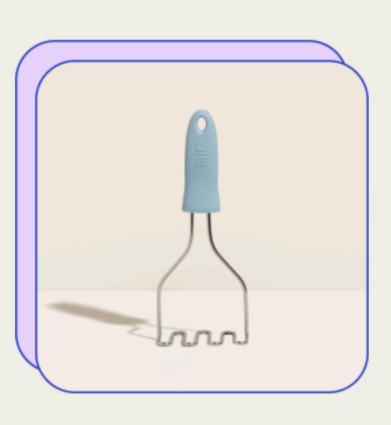
GIR Peelers are designed with sharp, steel blades that glide fast. That means shaving the thinnest peel without digging too deep!

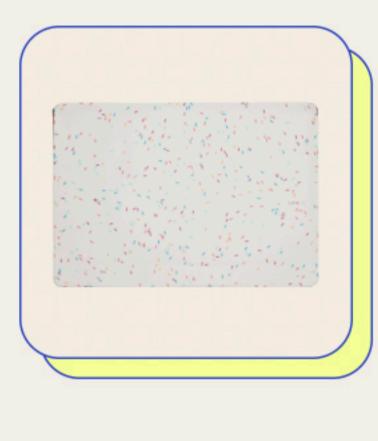
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MASHER

GIR Mashers have an ergonomic grip and an oblong profile, which makes it supereasy to move around the bowl. No lumps here!

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BAKING MAT

The only Baking Mat you'll need. GIR's elegant, reusable silicone mat is the ultimate eco-friendly alternative to parchment paper, non-stick spray and aluminum foil.

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Food Prep

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