



©AMY RENÉE COOKS

THE 5 TOOLS TO BEGIN

IT'S OKAY IF NO ONE TAUGHT YOU



FIVE SIMPLE TOOLS. NOTHING MORE REQUIRED.

If you have these five core cooking tools, you can complete this course.

You may already own everyday items like oven mitts, storage containers, or a can opener — but you don't need to buy anything special to begin.

If part of you is wondering:

“Do I need to buy something before I start?”

“Is my kitchen good enough?”

“What if I don't have the right tools?”

Let's clear this up.

You do not need a chef's kitchen.

You do not need fancy gadgets.

Most women were never taught what tools actually matter — so they assume they need more.

More equipment. More upgrades.

More money.

You don't.

With five simple tools, you can make the Pineapple Beef Stir Fry and follow this course steadily.

You might already have everything you need.

Enough to begin.

THE ONLY 5 TOOLS YOU NEED

One Sharp Knife

Chef's knife preferred.
Your sharpest knife works.
Skill matters more than brand.

One Cutting Board

Wood or plastic.
Stable. Easy to clean.
This is your prep space. That's it.

One Skillet

For sautéing. Stir fry. Vegetables.
Protein.
If it heats evenly, it's enough.

One Medium Pot

For grains. Soups. Reheating leftovers.

Simple. Reliable. Used often.

One Sheet Pan

For roasting.

For hands-off dinners.

One pan can change your week.

Five tools.

Nothing fancy.

Enough to begin.



FIVE TOOLS. NOTHING FANCY. ENOUGH TO BEGIN.

Use What You Have

Five tools. Nothing fancy.
Enough to begin.

No sheet pan?
Use a casserole dish.

No chef's knife?
Use your sharpest knife. Go slower.

No cutting board?
Use a stable plate in a pinch.

No lid for your skillet?
Use foil.

If it heats evenly and is oven-safe
when needed, it works.

THE KITCHEN ISN'T THE PROBLEM

Use What You Have

If you've ever thought,
"I should know how to do this by now,"

Hear me clearly:

It's not your tools.

It's not your kitchen.

It's not your age.

No one taught you.

You don't need more equipment.

You need five simple tools.

A little guidance.

And permission to start small.

Tonight, when you make the Pineapple
Beef Stir Fry, you're not trying again.

You're learning a skill you were never
shown.

Your kitchen is already good enough.

And so are you.

Enough to begin.

