

Program Recommendations

We have compiled the below items we feel will best help you with cooking throughout the program. **These are not requirements, but suggestions to help you.**

Equipment



Steamer Basket

A quick and delicious way to prepare vegetables.



Food Scale

Never go over or under portion guidelines.



Freezer Safe Tupperware

Meal prep and pre-measure proteins for quick cooking.



Air Fryer

Make juicy, and crispy food on the program



Non-Stick Cookware

Pan fry and sautee without oil!



Food Processor

Perfect for vegetable rice, making desserts, sauces, and more.



Blender

This tool will make delicious smoothies and shakes.

Seasonings



Black Pepper



Garlic Powder



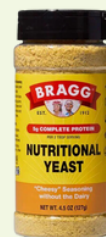
Onion Powder



Herb Seasonings



Mrs. Dash Original



Nutritional Yeast



Flavored Stevia Drops



Liquid Aminos



Broth



Flavor Extracts



Liquid Stevia or Monkfruit



Vinegar Balsamic Or White



Lemon & Lime Juice