

Kitchen Products That I Love



Here is a list of Amazon affiliate links* to kitchen products that I use almost every single day. You don't necessarily need these to do the Challenge, but I believe it is super important to have your kitchen stocked with items that will make the cooking process so much easier. Over time, this leads to much better adherence to your healthy eating goals and confidence that you are prepared whenever you need to eat.

Consider getting any or all of these products when you can, if you feel they might be helpful to you as well.



[Vitamix 5200 Model](#): I think a Vitamix is the first tool a Nutritarian needs. I use mine at least once per day and I love the 5200 model, price-wise, compared to the other ones. I find the features this one has are plenty and I've never had any issues with mine. If you've got money to spend, then maybe get a higher-end model, but I'm not sure it's even worth it. Try to refrain from getting the "low-profile" version of the blender because the base of the cup is wider, and you'll have trouble making smaller amounts of salad dressings, etc. Trust me on this one. And don't get the personal one because you need a larger blender to make the size meals I suggest, which I believe are important whether you're doing a challenge or not. If you're gonna invest, at least invest in the 5200 model.

[Instant Pot](#): Having an electric pressure cooker nowadays has completely changed my journey - seriously. I only wish I'd started using it earlier. Just from being able to make soups and beans from scratch without having to soak beans, is worth the cost alone to me. I use this at least once per week. It's intimidating at first, but worth every ounce of worry and/or learning curve.



[Cutting Boards](#): I love these cutting boards and have had them for years. They don't absorb onion smell and they don't get too scratched up. Plus they're super thin and easy to move around.



[Ceramic Knife](#): I love ceramic knives for cutting through things with tougher skins like tomatoes and peppers. I use these knives almost exclusively. I just don't find much use for metal knives anymore. The only thing to be careful with is not to bang it around too much and don't smash garlic with it, but other than that, I find it superior to other knives.



[Mandolin Slicer](#): I always use this to slice onions and other things first before putting in soup and salads. It drastically cuts down the chopping time, and I'm all for that.



[2 Qt Corelle Serving Bowls](#): These are the salad bowls that I use most often in my home. 2 quarts seems to be the sweet spot for salad size, as long as the greens are chopped pretty small. If you fill this bowl up comfortably, it's the perfect size for a Nutritarian salad meal.



[Melon Baller](#): Since I core a lot of apples all the time to put in my smoothies, I found the best way to core apples is to cut them in half and core with a melon baller. Saves me so much time from fiddling with a knife and I can just cut out the stem parts also with this.



[Avocado Savers](#): I absolutely love these avocado savers and I use them all the time.



[Avocado Tool](#): I use this tool not only for safely opening the skin of avocados, but also for opening oranges! So handy. The reason I like it so much is because it feels safer to me than using a knife to cut an avocado or orange. I actually rarely use the avocado slicer part because it's a little annoying to clean, but I love the dull scoring blade.



[Cosori 5.8 qt Air Fryer](#) This is the Air Fryer I've been having a love affair with it for about a year now, but haven't been super vocal about it yet... because I wanted to do this explanation justice and other things got in the way. But here's my review in a nutshell: BUY THIS. :)

Dr Fuhrman doesn't love air fryers because they brown the food too much, which is also why I hesitate to review, but I use it so much, I can't NOT say something :) I use this air fryer (I've tested quite a few of them on the market) because it's got a deep pan, I love the controls, and it's just well-made and doesn't have that weird plastic-y smell for months. I convection cook many things in here, but my favorite is frozen foods: like pre-made low-sodium veggie burgers or just regular bagged frozen vegetables like cauliflower. Dump it in and it's done in like 7 minutes! And my little one LOVES her veggies done this way.



[Plastic Kitchen Tub](#) for salad greens/heads of lettuce (Tupperware FridgeSmart Extra Large): I found that I was having a hard time making salads daily because I'd look at unwashed greens and get lazy. So I started washing 2-3 heads at a time and keeping them in this tub and it works WONDERS, and it's a great shape for the fridge. I remove the full leaves from the stem part of the head and discard, wash the leaves,

dry them with a big bathroom towel, and put the greens in the tub with some paper towels: they keep for a long time...like a week! You can also do this with the crisper drawer in your refrigerator if this one goes out of stock again (like it often does!). Another option is to find [smaller versions of the FridgeSmart system](#), and create your own system in your fridge.

*This document contains affiliate links and if you purchase any of the items from my links, I will get a tiny commission, but you will pay the same price. I have only included items in here that I wholeheartedly recommend, like seriously, and you don't pay anything extra for using my link. It helps my business grow in fact, so please consider using my links when purchasing ANYTHING on Amazon, because it all counts to help me out, no matter what you end up buying from that link. <3 THANKS A GAZILLION. :D