

Suggested KITCHEN EQUIPMENT, TOOLS & SUPPLIES



5 tray -
great for 1 person
or little use. 9
tray - great for 1+
people and bigger
batches.

5 and 9 tray Excalibur dehydrator

https://www.amazon.com/Excalibur-3926TB-Dehydrator-Temperature-Dehydration/dp/B008OV4FD0/ref=sr_1_4?keywords=5+and+9+tray+Excalibur+dehydrator&qid=1585628497&sr=8-4



Vita-Mix with power dial and turbo switch

https://www.amazon.com/Vitamix-5200-Blender-Professional-Grade-Container/dp/B004F9L4EI/ref=sr_1_1?keywords=Vitamix+5200+Blender+Professional-Grade%2C+64+oz.&qid=1585629112&s=home-garden&sr=1-1

Choose
Cup Size



Cuisinart 9 cup food processor

https://www.amazon.com/Cuisinart-CFP-9GMPCY-Processor-9-Cup-Gunmetal/dp/B07VLBWZXB/ref=sr_1_fm_r0_1?keywords=Cuisinart+9+cup+food+processor&qid=1585629351&sr=8-1-fkmr0



Amy
suggest
this one

Or new version

Vita-Mix with power dial and turbo switch

https://www.amazon.com/Vitamix-Blender-Professional-Grade-Low-Profile-Container/dp/B00LQT6UB2/ref=sr_1_3?keywords=Vitamix+5200+Blender+Professional-Grade%2C+64+oz.&qid=1585629112&s=home-garden&sr=1-3

Amy's
personal
fav!



Hurom Juicer with the top self-juicing container

https://www.amazon.com/HUROM-HZ-Slow-Juicer-Silver/dp/B01M16OH2X/ref=sr_1_fkmr0_1?keywords=hurom+juicer+with+the+top+self-juicing+container+%28&qid=1585629692&sr=8-1-fkmr0



Omega J8006

https://www.amazon.com/Omega-Dual-Stage-Masticating-Continuous-Revolutions/dp/B01EXF11YO/ref=sr_1_2?keywords=Omega+J8006&qid=1585629470&sr=8-2



Strain your
juice before
consuming!

Strainer set of 3

https://www.amazon.com/Stainless-Kitchen-Strainers-Handle-Vegetable/dp/B07JDJT6SV/ref=sr_1_1?keywords=juice+strainer&qid=1585630006&sr=8-1



Makes pouring
juice into
bottles easy!

Funnel

https://www.amazon.com/Norpro-Stainless-Steel-Funnels-Set/dp/B000FKERMW/ref=sr_1_2?keywords=funnel&qid=1585630130&sr=8-2



Juice Bottles

https://www.amazon.com/Briefions-Glass-Water-Bottles-Stainless/dp/B01DN6001G/ref=sr_1_1?crd=21YAJ93M31ECT&keywords=juice+bottles+for+juicing&qid=1585630209&sprefix=juice+bottles%2Caps%2C1217&sr=8-1



Hand citrus squeezer

https://www.amazon.com/Lemon-Squeezer-Stainless-Premium-Quality/dp/B07JBKXN5B/ref=sr_1_4?crd=29HALD85WAD74&keywords=citrus+hand+squeezer&qid=1585793870&sprefix=citrus+hand+squeezer%2Caps%2C405&sr=8-4



Set of glass mixing bowls

https://www.amazon.com/Luminarc-10-Piece-Set-Stackable-Bowl/dp/B005EEYG-CA/ref=sr_1_4?keywords=set+of+glass+mixing+bowl&qid=1585794040&sr=8-



Kitchen Utensil Set of 23

https://www.amazon.com/Home-Hero-Kitchen-Utensil-Set/dp/B075MDQ977/ref=sr_1_4?keywords=kitchen+spatula&qid=1585794300&sr=8-4



Set of Brushes

https://www.amazon.com/Basting-Resistant-Brushes-Marinades-Dishwasher/dp/B07HR9Q26M/ref=sr_1_2?keywords=cooking+brush&qid=1585795224&sr=8-2



Bamboo cutting board

https://www.amazon.com/Small-Bamboo-Cutting-Kitchen-Groove/dp/B07MSLMX1J/ref=sxin_0_ac_d_pm?ac_md=1-0-VW5kZX-IgJDEI-ac_d_pm&cv_ct_cx=non+toxic+cutting+board&keywords=non+toxic+cutting+board&pd_rd_i=B07MSLMX1J&pd_rd_r=c3c5685c-16c6-4441-a305-35a5fc5d1lac&pd_rd_w=K05Z3&pd_rd_wg=XnYAt&pf_rd_p=516e6e17-ed95-417b-b7a4-ad2c7b9cbac3&pf_rd_r=NCFRMB4R5KX3EQE75XSV&psc=1&qid=1585795386&sr=1-1-22d05c05-1231-4126-b7c4-3e7a9c0027d0



Great for making zucchini pasta! And for creating different shapes out of veg.

Spiralize

https://www.amazon.com/Briefitons-Spiralizer-BR-5B-02-Strongest-Heaviest/dp/B01MSZE4YK/ref=redir_mobile_desktop?ie=UTF8&aaxitk=FLATQ3k-KV0yRY7XP7-LTsQ&hsa_cr_id=7183568930001&ref_=s_b_s_sparkle



Electric Frothing Tool

https://www.amazon.com/1EasyLife-H422-Stainless-Handheld-Electric/dp/B00SKFCSB6/ref=ice_ac_b_dpb?keywords=electric+frothing+tool&qid=1585632040&sr=8-1



Make thin slices out of veg. Great for zucchini 'lasagna noodles.'

Madolin

https://www.amazon.com/Mueller-Austria-Adjustable-Mandoline-Slicer/dp/B01CT63964/ref=sr_1_1?crid=P6AH3OYWDR8L&keywords=mandoline+slicer&qid=1585631916&s=home-garden&sprefix=mandolin%2Cgarden%2C1413&sr=1-1



Set of Knives

https://www.amazon.com/OOU-Professional-Oxidation-Certification-Anti-rusting/dp/B07HJVDDK9/ref=sr_1_15?crid=3E1SG4ESTMUGR&keywords=knife+set+of+4&qid=1585632108&sprefix=knives+set%2Caps%2C398&sr=8-15

Amy's personal fav. Retains more nutrients than steel blades.



Porcelian Knife

https://www.amazon.com/Kyocera-Advanced-Ceramic-Revolution-Santoku/dp/B000F74PYA/ref=sr_1_4?crid=23M3U47LIZMJJ&keywords=porcelain+knife&qid=1585632285&sprefix=porcelain+kn%2Caps%2C392&sr=8-4



Measuring Cups: (set of cups and spoons & 600ml measuring jar)

https://www.amazon.com/Measuring-Cups-Stainless-Including-Transparent/dp/B07H2TKNNV/ref=redir_mobile_desktop?ie=UTF8&aaxitk=8L-zjeERpU.Y3V00x-mBrA&hsa_cr_id=8807251460701&ref_=sb_s_sparkle



Set of Baking Dishes

https://www.amazon.com/CorningWare-French-White-Round-Oval/dp/B07V4P62Z6/ref=sr_1_4?crid=1SEQ91BOTCl6G&keywords=baking+dishes+set&qid=1585632587&sprefix=baking+dishes+se%2Caps%2C395&sr=8-4



Set of Glass Pots

https://www.amazon.com/Vremi-Piece-Ceramic-Non-stick-Cookware/dp/B071LSL3SP/ref=sr_1_15?keywords=glass+set+of+pots+and+pans&qid=1585795519&sr=8-15

Amy's fav
for
ozonating



7 Liter Glass Bowl

https://www.amazon.com/OXO-Good-Grips-Glass-Bowl/dp/B0758MHW9L/ref=sr_1_4?keywords=big+glass+bowl%3A&qid=1585632931&sr=8-4



Stainless Steel Big Bowl

https://www.amazon.com/Ybmhome-Stainless-Quality-Cooking-Serving/dp/B07ZQN4V8D/ref=sr_1_37?keywords=big%2Bstainless%2Bsteel%2Bmixing%2Bbowl%3A&qid=1585633051&sr=8-37&th=1



Use an
ozonator to
clean your
produce.

Ozone 3 Food Sterilizer

https://www.amazon.co.uk/Generator-Sterilizer-Vegetables-Sterilization-Ozone-Disinfector/dp/B077CRQT25/ref=pd_lpo_201_t_2/261-5734945-1507836?_encoding=UTF8&pd_rd_i=B077CRQT25&pd_rd_r=6b165ed5-70d9-4c7e-a123-f80b35c5c001&pd_rd_w=IYHe6&pd_rd_wg=cnptN&pf_rd_p=7b8e3b03-1439-4489-abd4-4a138cf4eca6&pf_rd_r=TGQAP09MRNE9ZHAJDFS0&p_sc=1&refRID=TGQAP09MRNE9ZHAJDFS0



Be sure to
drink purified
water, not
tap.

water purification system (ionzer preferably) - under the counter (Amy's note: for whole house)

https://www.amazon.com/Anti-Oxidant-Alkaline-Filtration-Produces-3-0-11-5/dp/B07MFW8LX6?ref_=ast_sto_dp

Purify
your shower
water to avoid
absorbing
chlorine.



Multipure MP750 Inline Drinking Water System

https://www.amazon.com/dp/B00171746W/ref=psdc_13397611_t1_B07SNF4GXK