



Tools & Equipment for A Plant-Powered Kitchen



INTRODUCTION

Well-equipped people are more productive and in this case that means healthier.

Food prep plays an important role in creating healthy, nutritious meals on a consistent basis, which provided so many benefits to your overall health. It will save you time and money once you get into the habit, so meal-prep we must!

When it comes to making a habit out of healthy cooking, you want to make light work of meal prep.

All you truly need is a desire to practice and a few simple, time-saving tools to help you.

Following are some of my favorite small appliances, kitchen gadgets and resources. They are time-tested, superior in quality and help make cooking easy and fun.



Healthy Kitchen

Imagine - you love getting creative with colors and flavors in this room!



Healthy Recipes

You enjoy exploring new foods that light you up and give you energy!



Helpful Tools

You save time (and ultimately money) by making healthy meals in your own home.

Note: I have an affiliate partnership with some of these brands and may earn a small commission if you buy from them through my link. Also, many of these products will link through to other online marketplaces, such as Amazon or Walmart for your shopping convenience.



Possibly the most frequent question I get asked is: **Should I get a juicer or a blender?** The answer depends on your lifestyle. If you want to start a juicing habit, you'll probably want a juicer. Blenders are more versatile and can do more, such as make salad dressings, soups and desserts. That said, I love having both!

Juicers

My top pick:

Omega Slow Masticating Cold Press Vegetable and Fruit Juice Extractor

Why? Large basket for less prep, All-In-One auger means easier clean-up, & Omega is one of the most reliable brands in this space.

Second place:

Breville Juice Fountain Cold

Why? Easy to clean, low heat so higher nutrient content, lower price-point and affordable warranty.

Blenders

My top pick:

Vitamix A3500

Why: Vitamix makes superior products that last a lifetime. Extremely versatile, easy to clean and 10-yr warranty!

Second place:

NutriBullet 12-Piece High Speed Blender

Why: Simple, powerful, affordable, easy to store. Great for smoothies and dressings.

“—————♥—————”

Visit my YouTube Channel for videos on both.

Must-have Tools for Meal Prep

A solid meal-prep session can be well organized, efficient and highly productive using just a few staple pieces of equipment. If you set yourself up with a high-quality version of the following 4 items, you'd be all set to prep with the master chefs!

1. Cutting Boards

There is debate about which material is best, wooden or plastic. They both have benefits so here are my top picks in each style:

Overall Best: OXO Good Grip 2-piece Cutting Boards

Best Wood: Farberware Extra-Large Wood Cutting Board

2. Chef's Knife

Every kitchen needs a masterful chef's knife. Invest in a blade that will last for years and keep it sharp! They can get pricey so here are two great value knives that I love.

Stainless Steel Ukon 7-Inch Santoku Knife

Henckels Classic 8 in Chef's knife

3. Knife Sharpener

Often overlooked, critical tool. When your blade is sharp you get quicker, cleaner cuts with less risk of slipping. I recommend getting one with non-slip solid base and a range of sharpness from course to fine.

4-in-1 Kitchen Knife Sharpener

4. Peeler

I can't live with out a sturdy peeler. I use it on a daily basis for cucumbers, potatoes, apples, carrots, squash and more. Make sure to get stainless steel with a thicker handle for easy grip. I LOVE this OXO Good Grip peeler!

Oxo Good Grip Peeler

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Other Kitchen Equipment

If you're motivated to cook healthy meals, you'll do fine with the staple items already mentioned. You don't need to buy all the beautiful appliances and tools out there just to add clutter to the space.

That said, studies have found that people are more productive when they create a supportive environment to work in and are equipped with the right (meaning useful, not just cute), time-saving tools.

I can attest to that. Once I started adding a some new, helpful tools to my process, cooking delicious meals that filled me up became a lot easier and more fun.

Following are a few items that I swear by for getting healthy and nutritious meals on the table each week. Home cooking not only supports my health, it saves me money and improves the way I feel. Winning!

Having the right tools can mean the difference between loving or dreading prep time.



Helpful Extras



Processing & Cooking

Vitamix Food Processor Attachment

If you have a Vitamix, this one simple attachment can do ALL the rest of your prep and you won't need any other tool!

Instant Pot Pressure Cooker

A pressure cooker can save you hours of work with fast cook times on grains and healthy one-pot meals.

GreenLife Eco-Friendly Cookware

These pans are made of recycled aluminum and their ceramic nonstick starts with sand and creates 60% less CO2 emissions than traditional coatings.

GreenLife Non-stick Baking Sheets



Handheld & Storage

Professional Box Grater

I use this all the time for zucchini, carrots, cabbage, daikon and other veggies.

Cuisinart Fine Mesh Strainer Set

If you follow my juice videos you know that I often "lazy" juice and make it in my blender, which means straining out pulp!

Rubbermaid Food Storage Containers

These are some of the most durable, stackable and easy to clean containers.

Silicone Spatula Set

BPA-free, heat resistant, dishwasher safe - I use them daily!

Silicone Baking Sheets

Reduces clean up with baking!



Meal Services & Cookbooks

- ★ Sakara Life - Get 20% Off Plant-Based Meal Programs & Metabolism Support - Sakara Life offers life-transforming, plant-rich super meals delivered to your door. I became an affiliate quickly after trying their food and experiencing the results personally - incredible product and company.
- ★ Thrive Market - Get 30% Off your first order and a free gift.
This online marketplace that offers all the non-GMO, Organic, Gluten-Free, and Vegan foods and healthy products you love at 25-50% below retail price and all shipped to your front door.
- ★ Misfits Market - Get \$10 Off your first order.
Misfits Market is dedicated to making affordable, high-quality foods more accessible while helping break the cycle of food waste.
- ★ How Not To Diet Cookbook
Dr. Micheal Greger offers readers delicious yet healthy options that allow them to ditch the idea of "dieting" altogether.
- ★ Nourishing Wisdom by Marc David
Nourishing Wisdom will change your attitude towards your body, and provide a foundation for developing a healthful relationship with food.
- ★ The Blue Zones Cookbook by Dan Buettner
Best-selling author Dan Buettner debuts his first cookbook, filled with 100 longevity recipes inspired by the Blue Zones locations around the world, where people live the longest.



List curated by:

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Ready to increase energy, elevate your mood, balance weight and improve sleep?

Get done-for-you meal plans, printable shopping lists, prep plans, live coaching & accountability:



BALANCED BOWLS
for Busy Pros

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Create a new healthy habit out of plant-based meal prep and beautiful balanced bowls!