



Kitchen Gadgets

Thanks again for purchasing my book *The B+ Diet, How One Woman Let Go of Perfection, Found Her Confidence and Lost Over 220 Pounds*.

My Kitchen Gadgets List includes all my favorite kitchen tools.... When I began my journey I discovered how much more healthy my meals were when I prepared at home versus restaurant meals. As a gadget person anyway, I began to discover all the amazing tools to assist with food preparation both to save time and make cooking more fun.

Let me know if you have any cool kitchen tools you can't live without. I'm happy to keep adding to the list.

I hope you are enjoying the book and would love to support you on your journey. Let me know if you're interested in coaching or joining one of my groups.



Cooks Standard Ceiling Mount Wooden Pot - <https://amzn.to/3xXtmTW>



This is my favorite spatula ever - Good Cook Spatula, Clear Handle with Silicone Spoon Head – <https://amzn.to/3w38o51>



All-Clad 4703-DB Stainless Steel 3qt Double Boiler Insert - <https://amzn.to/3A9Ryog>



Epica/Shardor Electric Spice and coffee Grinder. I have this one dedicated to spices only – <https://amzn.to/2Tie5P5>



Tribest Sedona Express SDE-S6780-B Digital Food Dehydrator - <https://amzn.to/3y3K4RW>



Salad Dressing Shaker –Make your own fresh salad dressings and keep them in this shake and pour tumbler. <https://amzn.to/3jnx31b>



Tovolo Tea Infuser - <https://amzn.to/360f60M>



Microplane Herb Mill – Use this with your fresh herbs, no need to dry them out first - <https://amzn.to/2UljclB>



Rice Cooker – Zojirushi NS-ZCC10 5-1/2-Cup (Uncooked) Neuro Fuzzy Rice Cooker and Warmer, Premium White, 1.0-Liter - <https://amzn.to/3hfBjNJ>



Oster Smoker Roaster Oven, 18-Quart - <https://amzn.to/3y3WclG>



Pots and Pans – Our choice is All Clad. Love how the handles stay cool. <https://amzn.to/3y3WARa>



Cutting Boards – We have several of different sizes and love my bamboo chopping board the most. There are lots to choose from. <https://amzn.to/3jmCUE4>



Spiralizer – Paderno World Cuisome Tri-Blade Plastic Sprial Vegetable Slicer - <https://amzn.to/3hjppn>



Tofu press – Tofu Xpress - <https://amzn.to/3gZJ4Zi>



Juicer – Omega VRT350 Heavy Duty Dual-Stage Vertical Single Auger Low Speed Juicer - <https://amzn.to/3dqcaOL>



Citrus Juicer – Proctor-Silex “Juicit” model J101W Vintage 1970s. We did slap a fresh coat of paint on it a couple years ago. It uses a porcelain reamer and still works great! You might find one on ebay! Here is a modern citrus juicer <https://amzen.to/3vXPLiB>



Flax Seed Grinder - <https://amzn.to/2Tj85W9>



Coffee/Spice Grinder - Ours is a GE but many manufacturers are available - <https://amzn.to/2Tfte2>



Food Processor: Breville BFP800XL Sous Chef Food Processor – Liked for the largest bowl on the market <https://amzn.to/3AaEDSM>



Immersion Blender – Cuisinart hand held electric mixer - immersion stick blender #4172. This is great appliance for making those creamy soups. <https://amzn.to/2UCpmtJ>



Vitamix Blender: Professional Series 750 . My lifeline. This high speed appliance is worth every penny spent. <https://amzn.to/3heCVY1>



Chef'n Kale, Chard, Collard Greens and Herb Stripper - <https://amzn.to/3jnLoLd>



Yonanas Elite Frozen Healthy Dessert Maker - 100% Fruit Soft-Serve Maker - <https://amzn.to/2SwczIE>



Electric Kettle - Cuisinart CPK-17 PerfectTemp 1.7-Liter Stainless Steel Cordless - <https://amzn.to/2UC8pj5>



Crock Pot - Crock-Pot 6-Quart Slow Cooker with iStir™ Stirring System <https://amzn.to/3hhdMMi>



Mini-Crock Pot – Mine is a “no-name” and older one. A similar one can be found here: <https://amzn.to/3hd6WHD>



Pressure Cooker – Instapot IP-DUO60 7-in-1 Programmable Pressure Cooker IP-DUO60
<https://amzn.to/3AaRbcO>



Lettuce Keeper - Prepworks from Progressive International LKS-06 (I have 4 of these and LOVE them)
They keep lettuce fresh for over a week and they stack in fridge <https://amzn.to/3w4u68H>



Hand-Powered Food Chopper - Chef'n Veggie Chop, Arugula– Love this chopper for making quick chopped salads. <https://amzn.to/3jkhw2k>



Knives – I have many, many knives but there are some basics you should have. If you don't already have a good quality chef knife, get one. A chef knife is the one you will use 90% of the time. Mine is a Hinkle but there are many high quality brands to choose from. Some other basic knives should have would be a paring knife, a bread knife, and slicing knife or carving knife (for melons). If you are not comfortable with a knife in your hand it's probably because you've been using the wrong knife for the job. Using the proper (and sharp) knife for the job makes all the difference in the world. Check YouTube for instructional videos and practice.

<https://amzn.to/3A4XmiK>



Toaster – HD Designs wide slice toaster. I don't think this company is still in business but the Cuisinart is a great match. It's a 4 slice wide opening toaster with a variety of toasting options <https://amzn.to/3dlrGfq>



Salad Spinner – Made by OXO <https://amzn.to/3h0yNvK>



Mango Slicer – Made by OXO. I use this on mangos and other fruits (like peaches) with large seeds <https://amzn.to/3jilh7k>



Potato Masher – I know, everybody’s got one ... except me until today. I’ve been mashing potatoes with a big fork! <https://amzn.to/2U773N5>



Spice & Herb Grinder - <https://amzn.to/3dlsK2U>



Collapsible Salad Spinner – Made by Prepwork's. When traveling this fits nicely in our suitcase.
<https://amzn.to/3do2lfa>



BIG salad bowl. Everyday White by Fitz & Floyd. 505 qt <https://amzn.to/2UN9STX>



Tribest Personal Blender, PB-350 – Great for salad dressings and other things you only need a small amount of. I found the Vitamix will not blend smaller amounts because the blades ride too high in the container. - <https://amzn.to/3y2yoyO>



Divided Serving/Salad Bowl – You might not be able to find this exact bowl. We bought this one from [Pier 1 Imports](https://www.pier1.com/) a few years back but a similar one can be found here <https://amzn.to/3js7Oef>



Garlic Peeler by OXO - <https://amzn.to/3dniKGh>



Swimming goggles? - Yep! We picked these up for less than \$4 at the grocery store when they were selling all of the "summer fun" products. You might also to check your local dollar store or there is always Amazon. <https://amzn.to/3jokmn6>



Messermister – peeler set <https://amzn.to/3A6PxJm> (Judi's favorite)

and tomato knife <https://amzn.to/3w5ggTr> (Kevin's favorite).



Brevil Toaster Oven <https://amzn.to/36wDJT8>



Fullstar Veggie Slicer – I use this to dice my onions <https://amzn.to/3xQv21S>



Onyx Stainless Steel Popsicle Mold- <https://amzn.to/3zljpQX>