

# FOOD IS MY RELIGION, A Healthy Guide to Worshiping Food

By Lara J McKenna

## The Kitchen is My Temple Recommendations

### Must-Have Kitchen Tools - Good Tools You Cannot Live Without

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#### Good Knives

A chef's most coveted tool. Have a variety of sizes, including a serrated bread knife.

Tip: Keep them sharp – a dull knife is more dangerous.



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#### Wooden Cutting Boards

I keep a large one on my counter and use it from sun up (lemon water), to Dinner Prep.



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#### Glass storage containers

Many different size and color lids to choose from. I also keep glass jelly jars and pickle jars, give them a good scrub - they make excellent storage containers!

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#### What is BPA? Should I Be Concerned?

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**Good Quality Pots/Pans:** Choose non-toxic, non aluminum and non teflon (these chemicals have been phased out of manufacturing, but if you still use them or have pans older than 15 years, you may want to consider replacing them).



I love the new ceramic designs from the brand called Our Place \$20 OFF Your First Purchase, or good stainless steel, which when heated and treated properly can act as a non-stick. Get a few sizes here, especially the Omelette pan. Another option that I love is cast iron skillets. Lasting a lifetime with proper care, a true Cast Iron pan adds just that, Iron, to meals, creates great flavor when properly seasoned, heats up evenly and holds the heat easy to clean (absolutely no dish soap or soaking). Steak Au Poivre anyone?

Our Place is currently running Black Friday Sales, plus \$20 off your First Purchase.

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## Pots for Boiling Water & Homemade Soups, a few sizes



### Dutch oven

Perfect for baking sourdough bread

Le Creuset is an investment, but, in my humble opinion, worth it.



Roasting Pan: Invest in a good-quality roasting pan for even cooking, especially good for the comfort meal of whole chicken or turkey dinner.

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**Plates, Bowls & Platters:** Choose items that make you happy and inspire you to cook.



These Glass tumblers - because when you have a cute glass, you love drinking water from it (Remember to hydrate!)

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**Coffee & Frother Tools:** If coffee is your thing, investing in a good coffee/espresso machine

(I love Breville) can make every morning feel like a vacation.

A countertop frother is amazing for lattes or matcha — almond milk froths perfectly.

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### **Kitchen Appliances**

Food processor: Try this beast of a tool.

Toaster Oven: some double as an air fryer

High Powered Blender

Rice Cooker

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### **Cooking Utensils**

- Wooden Spoons, Olive wood feels special

- PBA-free or wooden/silicone spatulas

- Measuring cups & spoons



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## Specialty Tools

Salad Spinner

- [OXO Good Grips Stainless Steel Salad Spinner, 6.34 Qt.](#)

- [Vegetable peeler](#)

- [This Veggie Chopper](#) was an accidental find (we like to call it a gift from the universe, something that showed up instead of the actual thing I ordered, and I'm in love with it!!), great for east chopping just be careful, It's Very very sharp and have nicked my fingers too many times.

- [Egg slicer](#) (also great for mushrooms)

- [Cheese Grater](#)

- [Lemon Juicer](#) - start your ritual now

- This is a great [scrubber](#) for your “stuck on” cooking needs, made from peach pits, eco friendly and really works - Looks like [Spagetti Scrubber](#)

- A [stainless steel “soap”](#) - great for removing garlic and fish smells from your hands

- [Pineapple slicer](#) that takes out the core (keep it for smoothies), there's a story that includes blood that lead to this purchase too.

- Countertop [Compost bucket](#) (great for the environment, bonus if you use it in your garden).



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## Organizational Tools

[Notepad nearby for ideas and grocery lists](#)

[3-Ring Binder](#) with [page protectors](#) for recipes — keep only the ones you love and use.



[Cookbook holder](#) - so you can prop *Food is My Religion, A Healthy Guide to Worshiping Food* up all pretty.

Cooking becomes second nature when you have the right tools.

Keep what you love, let go of clutter, and enjoy your time in the kitchen.