



**So You Think
You're Healthy**

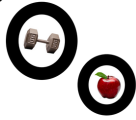
STOCKING YOUR KITCHEN

KITCHEN TOOLS

- A set of pots and pans with lids
- Large skillet with lid
- Flat spatula
- Mixing spoons and rubber spatula
- Kitchen shears and a good set of cutting knives
- Large baking sheet
- Medium to large baking pan
- Measuring spoons and measuring cups
- Containers for storing leftovers (preferably glass)
- A few mixing bowls
- Can opener
- Tongs

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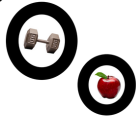
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HELPFUL KITCHEN APPLIANCES

- Crock pot with timer
- Pressure cooker
- George Foreman grill/panini press
- Spiralizer (makes noodles from zucchini, potato, carrot, etc.)
- Food processor or high power blender

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STOCKING YOUR KITCHEN

PANTRY

Protein: Fish canned in water (sardines, wild Alaskan salmon, kipper snacks, skipjack tuna); white meat chicken in water; smoked salmon; grass-fed whey protein, collagen peptides, and gelatin powders

Dairy Alternatives: Canned organic coconut milk, tetra pack unsweetened nut/seed milk (almond, cashew, coconut, flax, hemp, etc.), nutritional yeast flakes

Nuts & Seeds: Nut/seed butter (almond, cashew, sunflower) in a glass jar

Fats & Oils: Cold application oil (such as olive) and high heat oil (such as avocado) in glass bottles; organic ghee (clarified butter); olives

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PANTRY

Tomatoes: Canned tomatoes, tomato sauce or paste, and salsa stored in BPA-free cans, glass, or tetra pack box

Dried Herbs: Although fresh herbs are much more flavorful, they're not always convenient. Some herbs, particularly sage leaves, bay leaves, oregano, thyme, rosemary, and marjoram, transfer their flavors relatively well from fresh to dried.

Spices: Garlic powder, onion powder, nutmeg, Italian seasoning, cayenne pepper, paprika, etc.

Sweeteners & Flavorings: Raw local honey, pure maple syrup, vanilla extract, coconut aminos, and a variety of vinegars.

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FREEZER

Protein: Organic chicken breast, thigh, drumsticks, whole chicken; nitrite- and nitrate-free sausage; grass-fed ground beef, steaks, roast, stew meat, etc.; pork loin; pasture-raised ground turkey breast or thigh; wild Alaskan salmon, scallops, crab meat, etc.

Nuts & Seeds: An assortment of raw nuts (avoid peanuts); chia, flax, hemp, pumpkin, sunflower, and sesame seeds; organic unsweetened coconut flakes

Vegetables: Plain vegetables (avoid sauces): chopped peppers and onions, green beans, broccoli, artichoke hearts, etc. **always check country of origin.

Fruit: Organic berries, mango, pomegranate arils, etc.
**check ingredients for added sugar or syrup.

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