

The Nourishing Kitchen: Essential Tools for Everyday Cooking



nourishing MEALS

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Food Processor

A food processor is one of the most versatile tools in the kitchen. It makes shredding, slicing, and grating vegetables quick and easy, saving time when prepping large amounts.

Used for:

- Detox slaws and shredded salads
- Quickly grating or slicing vegetables
- Energy balls and snack bars
- Hummus, dips, and burger patties

Tip: Choose a 14-cup or 11-cup size depending on your family's needs.

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High-Powered Blender

A **high-powered blender** is worth the investment for anyone cooking whole-food meals. A quality blender helps you unlock the nutrients in whole foods, making them easier to absorb and enjoy!

Used for:

- Smoothies and nut milks
- Creamy dressings and sauces
- Blending hot soups to silky smoothness
- Grinding grains or seeds

Tip: An additional stainless steel container is ideal for hot soups and broths.

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Electric Pressure Cooker

This multitasking tool dramatically reduces cooking time while locking in flavor and nutrients. It can also be used as a slow cooker and rice cooker!

Used for:

- Cooking rice, beans, and legumes
- Potatoes, sweet potatoes, and beets
- Bone broth and soups
- Stews, shredded meats, and whole roasts

Tip: Choose a 6-quart for small households or 8-quart for larger families.

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Stainless Steel Pots & Pans + Cast Iron

Quality cookware supports both flavor and health. Stainless steel and cast iron are safe, durable, and non-toxic alternatives to non-stick or ceramic.

Used for:

- Everyday sautéing, boiling, steaming
- Roasting meats, vegetables, and one-pot meals
- Making perfect scrambled eggs
- Cooking tortillas and making crispy quesadillas

Tip: Look for tri-ply or 5-ply stainless for even heating.

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High-Quality Knives & Wooden Cutting Boards

Cooking from scratch is infinitely easier with sharp, reliable knives. Pair them with wooden boards to protect your blades and reduce plastic exposure.

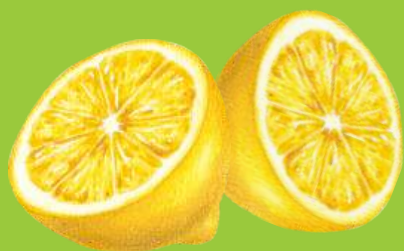
Essential sizes:

- 8" chef's knife (or 6")
- 5" serrated utility knife
- 3.5" paring knife

Used for: *Slicing vegetables, chopping nuts, peeling potatoes, dicing onions, trimming meat.*

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More Helpful Tools

The following tools make prep quicker, more efficient, and more enjoyable. Many are used throughout our Nourishing Meals® recipes to help you save time and boost flavor.

Helpful additions include:

- Pyrex cups – durable, heat-proof for measuring liquids
- Mesh strainers – rinse grains, legumes, berries, soaked seeds
- Garlic press – quick way to mince
- Mason jar juicer – lemon & lime juice
- Microplane graters – zest, ginger, hard cheese
- Rimmed stainless steel sheet pans – baking, sheet pan meals, root veggies
- Immersion blender – soups & dressings
- Wire whisks – sauces, batters
- Ceramic bowls – sturdy, versatile
- Rolling pin – flatten dough or foods
- Meat pounder – tenderize, even thickness

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High-Quality Water Filter

Pure, clean water is the foundation of a healthy kitchen. A stainless steel gravity filter provides safe, great-tasting water by reducing chlorine, lead, pesticides, and microplastics—without electricity or plumbing.

Used For:

- Filling cooking pots with clean water
- Brewing tea and coffee
- Refilling reusable water bottles
- Everyday drinking water for the whole family

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