



KITCHEN MAKEOVER

AVOID:

- Non-stick Teflon pans (PFOAs)
- Aluminum cook ware and aluminum foil
- Plastic (especially in the microwave!!!)
- Cans, microwave popcorn bags, cereal boxes...
- Single-cup coffee makers
- Microwave
- Commercial household cleaners
- Anti-bacterial hand wash and soaps
- Artificial air fresheners

OKAY TO USE:

- + Cast iron, ceramic, stainless steel, glass, corning ware, stoneware
- + You can also find BPA free cans or BPA free water bottles
- + Biodegradable cleaners
- + Homemade cleaners out of: Lemon, vinegar, baking soda, essential oils, orange peel solution
- + Toaster oven

Of course don't just remove toxins from your kitchen, but everywhere in the house; that includes commercial laundry detergents, dryer sheets, bathroom cleaners...

HELPFUL KITCHEN TOOLS:

- High speed blender for smoothies, soups, alternative milks, dressings, dips, puddings, ice-cream, ...
- Juicer to increase your intake of plant nutrients
- Food processor for salads, healthy desserts, cauliflower mash, ...
- Slow cooker for stews, bone broth, nutritional teas, ...
- Possibly dehydrator for healthy granola, snacks, desserts, wraps, ...
- Sprouting trays or jar to make your own inexpensive edible baby greens...
- 'CocoJack' to open young Thai coconuts easily

OTHER FUN STUFF:

- Pots of fresh herbs
- Trays of microgreens
- Beautiful rack of healing spices
- Glass jars with labels for different food stuff
- Tea drawer
- Cork board or white board for inspirational quotes, recipes, food log, pictures, reminders, ...