

Tools & Appliances Guide

The following tools + appliances are highly recommended as you continue on your path to a healthier lifestyle.



Magic Bullet



Ninja 16oz Personal Blender



FitBit Flex



Speed Hand Blender



Stainless Steel Water Bottle



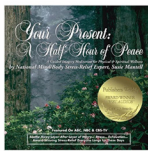
Electric Egg Cooker



Pyrex Storage Set



Stainless Steel Drinking Straws



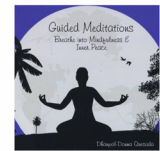
**Your Present:
A Half Hour of Peace**



Cooking with Food Sensitivities



Cook Once, Eat All Week



**Guided Meditations:
Breathe Into Mindfulness &
Inner Peace**



Instant Pot



Air Fryer



Crinkle Cutter



Spiralizer



Hot Logic Food Warming Tote



RO Water Filtration System

Questions?

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