

# INTRODUCTION

**Hello and welcome!**

We are excited to see your interest in optimizing your health through proper nourishment! Before you dive into the toolkit, we wanted to take a moment to tell you a little bit about it.

First and foremost, we are Foodies (we LOVE delicious food)! We believe that cooking can be one of the best things you do for your health for many reasons.

Three components you can control in cooking:

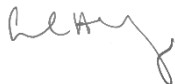
1. Fats
2. Sodium
3. Sugar

This toolkit uses the principles of a Culinary Medicine approach. Culinary Medicine is an evidenced-based field of medicine that blends the art of food and cooking with the science of medicine to optimize one's health.

How to use this guide? Explore each section and try to attend Chef Leslie's cooking classes and see how the toolkit comes alive! Refer back to this evidenced-based toolkit when you have questions along your well-being journey!

Happy cooking and happy eating!

**Chef Leslie Myers**

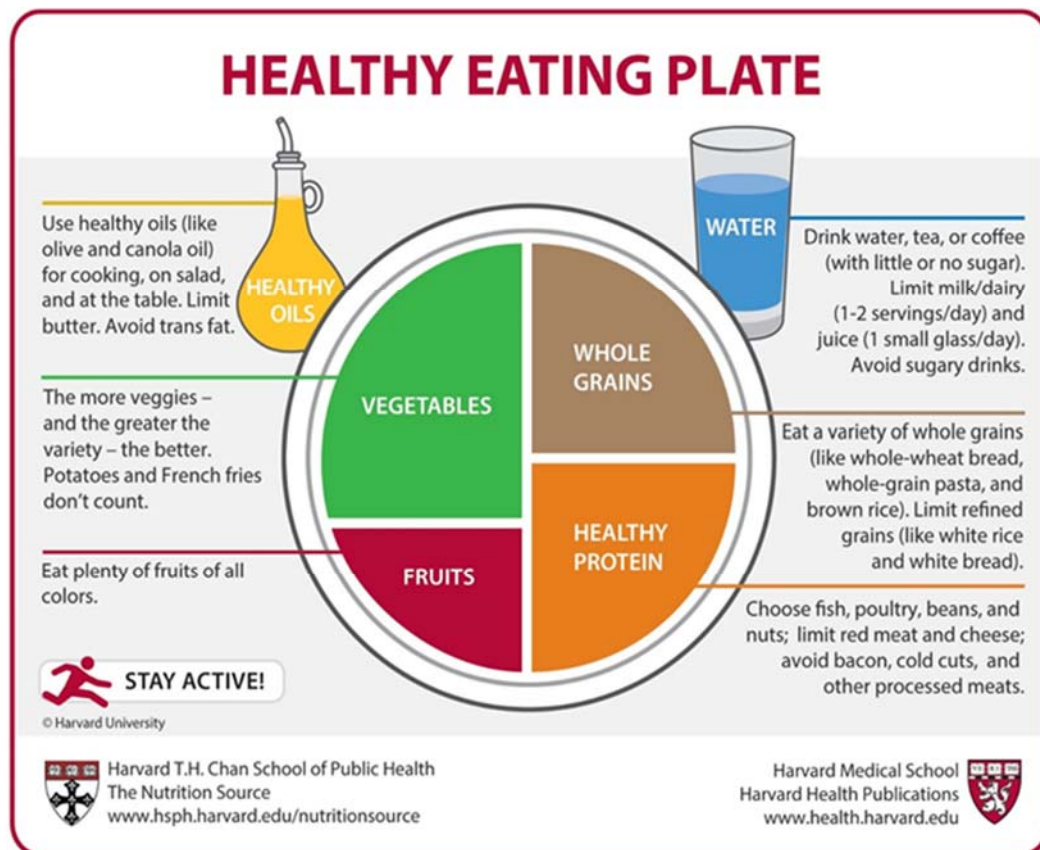


## HOW AND WHAT SHOULD I EAT?

### Focus on diet quality

- A variety of types and colors of vegetables will give your body the mix of nutrients it needs to fight diseases and stay healthy.
- The type of carbohydrate in the diet is more important than the amount of carbohydrate in the diet, because some sources of carbohydrate—like vegetables, fruits, whole grains, and beans—are healthier than others.
- The perfect little package of protein is good for your body, high in fiber and good for the planet. These include legumes, beans, whole grains, nuts, and seeds.
- The nutrition facts label on packaged food can help you consume an eating pattern low in added sugars, saturated fats, and sodium -- but remember that foods without labels such as vegetables and fruits are better for you.
- Rethink your drink and avoid sugar-sweetened beverages, which can be a major source of calories—usually with little nutritional value.

The Healthy Eating Plate below summarizes the best evidence-based dietary information available today.



Healthy Eating Plate Translations found here: <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/translations/>

## VEGETABLES AND FRUIT

Vegetables and fruits are important parts of a healthy diet as they have important nutrients such as fiber, vitamins and minerals that help support a healthy immune system. Make vegetables the centerpiece of your plates; include plenty in all of your meals every day.

And since no one vegetable or fruit contains all the vitamins and minerals the body needs, eat a variety of types and colors every day.

### How much vegetables and fruit do we need per day?

According to the *Dietary Guidelines for Americans*:

- The recommended amount of vegetables at 2,000 calories per day is 2½ cup-equivalents of vegetables per day.
- The recommended amount of fruits at 2,000 calories per day is 2 cup-equivalents per day.

Keep in mind that some foods are more concentrated and some are more airy or contain more water. For example, ½ cup of green beans is equal to ½ cup equivalent while 1 cup raw spinach is equal to ½ cup-equivalent of vegetables and ¼ cup dried fruit is equal to ½ cup-equivalent of fruit.

**Making vegetables and fruit the star (half) of your plate at every meal will help you meet your goals.**

### A diet rich in vegetables and fruits can:

- lower blood pressure
- reduce the risk of heart disease and stroke
- prevent some types of cancer
- lower risk of eye and digestive problems
- have a positive effect upon blood sugar and can help manage diabetes

#### **Chef Leslie's Vegetable Roasting Tip:**

Scatter a few cups of your favorite vegetables on a sheet pan, toss 1-3 tablespoons of olive oil (salt optional) and roast at 425°F for about 30 minutes.

**Did you know that veggies and fruit can be hydrating? Yes, you can EAT your Water!**

Many of the fruits and vegetables we eat daily contain over 85% water!



## WHOLE GRAINS

Not all carbohydrates are made the same.

When you look at the grain, it is made up of 3 parts.

1. **Bran**-the outer shell made up of fiber, vitamins, minerals and protein.
2. **Germ**-the inner most layer is full of healthy fats, B vitamins and protein.
3. **Endosperm**-this is the fluffy starch that gives energy and carbohydrates.

### Fun History Fact

All grains start off as “whole” but during the industrial revolution many mills were created to break the grain and extend the shelf life of flours. This process of refining the flour helped feed many people by extending the shelf life and allowing the transport of food without it spoiling. We needed this especially after wars and the Great Depression. However, in the 1940s, we began seeing some vitamin deficiencies (vitamins that are present in the outer bran and inner germ layer). So that is when “enriching” the refined flour began.

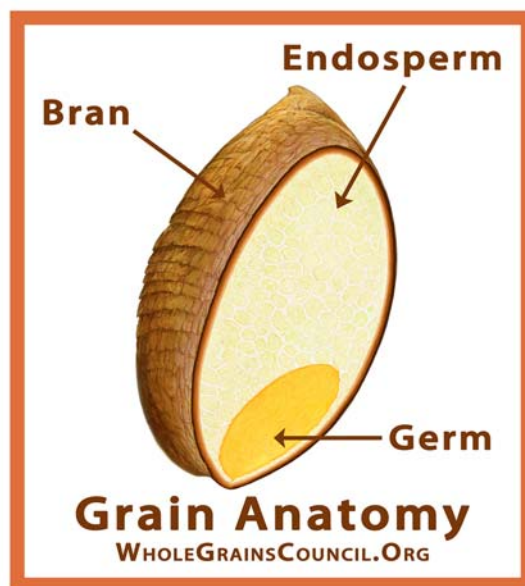
### Simple vs. Complex Carbohydrates

Carbs get a bad name these days. But as you can see, the refined and enriched flours are “simple” carbohydrates...mainly fluff that is low in fiber, protein and nutrients.

Similar to drinking sugar-sweetened beverages, they cause elevated blood sugars. When consumed regularly, this causes your sugars to remain elevated and puts your insulin into constant work mode and eventual risk of “burn-out” mode. When your insulin is no longer working well, you may develop conditions such as obesity, diabetes, infertility, dementia and cancer.

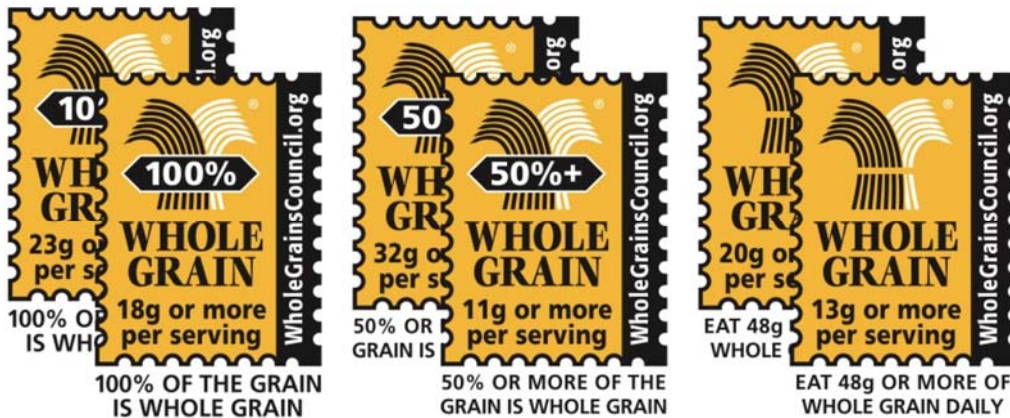
Here is an example to explain how we develop Type 2 Diabetes Mellitus. Imagine a parking lot with cars entering being sugar and the parking lot attendant being the insulin. When consuming simple carbohydrates, the sugar comes in with a rush! The attendant has to handle this rush. If the attendant is told to work overtime to help this rush every day for months and years, eventually the attendant starts calling in sick and doesn’t work as well, and cars “pile up” like sugar does in Diabetes.

Whole grains on the other hand are dense in nutrients, fiber and protein which makes them “complex”. Complex carbohydrates help keep the sugar steady. So in our previous example, it would be as if cars were coming into the parking lot at a nice and steady pace rather than a rush. The consumption of complex carbohydrates has also been linked to maintenance of weight, less inflammation, reduction in heart disease, diabetes, stroke, cancer and dementia risk.



So what are two easy ways to find if products are whole grains?

1. Check the first ingredient. Is it whole, refined or enriched? Choose "Whole" over "enriched".
2. Check for the yellow whole grain stamp on the package.



Another simple tip to divide Carbohydrates/Fiber and choose more items that have a ratio less than 10.

**White Bread**

**15g**  
**1g**  
**= 15**

**Over 10**  
**means**  
**simple carb**

**Whole Wheat Bread**

**12g**  
**3g**  
**= 4**

**The lower**  
**number,**  
**the better!**

TURN YOUR PACKAGE AROUND

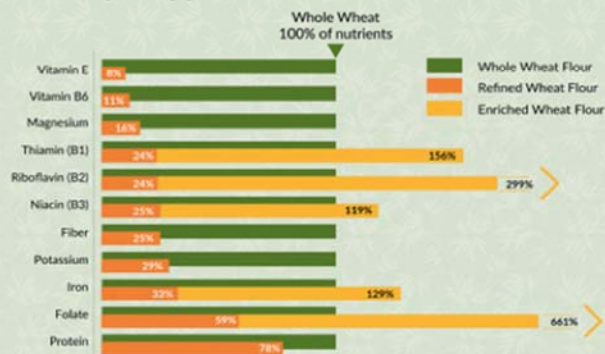
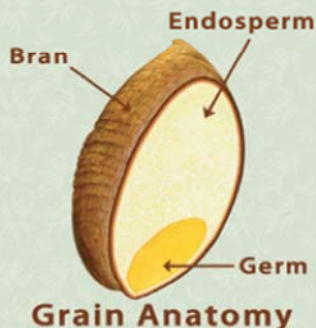
Carb:Fiber <10:1 rule





# WHOLE GRAINS 101

Whole grains are healthier, with more fiber, more protein, and higher levels of many essential nutrients. Most of the grain kernel's nutrients—and flavor—are in the bran and germ, which are routinely stripped out to make white flour.



## EXAMPLES OF WHOLE GRAINS. TRY A NEW ONE EVERYDAY!



## HOW TO FIND WHOLE GRAINS



The different gram amount on each Stamp tells you how many grams of whole grain are in ONE serving of the product.



### LOOK FOR THESE WORDS IN THE INGREDIENTS:

**Whole Grain:** whole [grain], whole [grain] flour, wheat berries, stoneground whole [grain], oats, oatmeal, brown or wild rice, millet, quinoa, amaranth, hulled or hull-less barley

**May or May Not be Whole Grain:** flour, wheat, wheat flour, organic unbleached, semolina, multigrain, stoneground [grain]

**Not Whole Grain:** enriched flour, bran, germ, wheat germ, degerminated, pearled barley, degerminated corn, white rice

## PROTEINS

Americans are obsessed with getting enough protein. In fact, people in the United States consume **more** protein, and especially animal-based protein, per capita than any other country in the world.

### Why do we even need protein?

Proteins are built from amino acids. There are 20 to be exact. Ever heard of packages saying this has “essential amino acids.” They’re essential because we need them through the diet. They make things like neurotransmitters (epinephrine, norepinephrine, serotonin, dopamine etc.) and heme (myoglobin, hemoglobin). Although protein is essential, there is no organ where it can be stored. So consuming excess protein is converted and stored as energy (fat).

### So how much protein do we need per day?

The basic calculation for adults is 0.8g/kg/day (1kg=2.2lbs). Or, roughly 7g for every 20 lbs. of body weight.

If you are an athlete, you can bump it up to 1.2-1.8g/kg/day.

\*Some special populations that need slightly more than the average recommended dietary allowance (RDA) are pregnant women, lactating mothers, elderly, patients with chronic illnesses or those recovering from surgery.

#### What’s your need?

Your weight (lbs.) \_\_\_\_\_ / 20 \* 7g = \_\_\_\_\_ g

### Here are a few examples of protein foods

- ½ cup beans = ~6g protein
- ⅓ cup lentils = ~7g protein
- 1 large egg = ~6g protein
- 2 tablespoon nut butter = ~7-8g protein
- 1 ounce walnuts = ~4g protein
- 1 cup diced or chopped chicken = ~38g protein

### **Where can I get protein?**

Most people think protein and immediately jump to animal meat as a source of protein. However, when we consider the most researched healthy eating patterns of the Mediterranean Diet, much of the protein consumed is primarily plant-based sources such as legumes, beans, whole grains, nuts, and seeds. These sources are considered anti-inflammatory and rich in fiber.

The Mediterranean diet's animal sources of protein includes high quality lean cuts, poultry and fish in small amounts and avoids red and processed meats (bacon, hotdogs, deli meats, sausages to name a few). Interestingly enough, most of the dairy consumed in the Mediterranean diet pattern is fermented dairy such as yogurt and aged-cheeses.

Studies have shown that diets with higher animal fat and processed meats are linked to cancer whereas exclusive plant-based protein diets are found to aid in cancer prevention.

### **So what are some healthy ways to consume proteins?**

Always keep in mind quality and quantity when consuming red meats, pork, processed meats and dairy. Other proteins like chicken/turkey, eggs, fish, tofu, tempeh, and plant-based options like edamame, nuts, seeds and whole grains should be your main sources of protein.

### **Why should I consider Plant-Based sources of protein?**

Many people recycle, reduce water waste and don't litter to help the environment. However, did you know that one of the biggest roles you can play in planetary health is to consume less meat and dairy? Data shows that the production of beef and other red meat requires twice as many resources (water, land, greenhouse gas emissions) as nearly all other food products per amount of protein produced.

**Plant-based proteins such as lentils, beans, nuts/seeds, and tofu/tempeh have many benefits to prevent cancers, restore gut health, control diabetes and heart disease and reduce mortality but they also have a very small impact on the environment. Of note, poultry and eggs also have the smallest environmental footprint of all animal sources of protein, whereas beef and dairy have the largest.**



### What is the “protein flip”? (See visual for ideas)

This term was coined by the collaboration of the Culinary Institute of America, a premier culinary school, with the department of Nutrition at Harvard T. Chan School of public health. The idea is that we don’t have to cut out meat entirely, but if we can creatively “flip” towards having plant-based sources as highlights of our plate and using meat more as a complement to these plant-based proteins. These small shifts toward a more plant-rich diet is a win for your health and the health of the planet.

### What is the perfect little package of protein?

We need to consider **QUALITY** of the protein source. Here are the 3 things I look at:

1. Good for your body
2. High in Fiber
3. Good for the planet

If you have a protein source that has all 3, it is a perfect little “package” of protein.

Here are some sources of protein + fiber + nutrients that are also part of the planetary health diet you may want to consider: (g of protein)

#### VEGETABLES

- 1 c of cooked spinach has 5g
- 1 c portabella mushrooms or brussel sprouts have 4g
- 1 c of arugula has 5g
- 1 c of kale has 3g
- 1 avocado has 4g

\*most fruits/vegetables have 1g of protein per cup

#### BEANS/LEGUMES

- 1 c black beans has 15g
- 1 c chickpeas has 14g
- 1 c lentils has 18g
- 1 c edamame has 17g
- 1 c tofu 20g
- 1 c tempeh has 31 g

#### WHOLE GRAINS

- 1 c quinoa (actually a seed) has 14g
- 1 c amaranth has 9g
- 1 c forbidden rice has 10g

- ¼ c farro has 5g
- 1 c steel-cut oatmeal has 6g

#### NUTS/SEEDS

- Nuts-usually a handful has at least >8g
- 1 oz. chia seeds has 10g
- ¼ c pumpkin seeds has 8.5g

#### OTHER SOURCES:

- 1 c nutritional yeast has 16g
- 1 c plant-based Yogurt has 8g

# THE PROTEIN FLIP



## WHEN IT COMES TO PLANT AND ANIMAL PROTEINS, IT'S NOT EITHER/OR

Address the health and environmental impacts of red meat consumption with the Protein Flip: rebalance the foods on our plates, re-imagine the value proposition of what we menu, and draw inspiration from global cuisines.



Think about culinary ideas from traditional, plant-forward food cultures in the Mediterranean, Asia, Latin America, and elsewhere around the world.

## THE POWER OF THE BLEND

Top 3 reasons for offering meat blends (mixing meat or poultry together with vegetables in burgers, tacos, sausages, and more):



1 OFFERING HEALTHIER ENTREES



2 INCREASING FLAVOR AND JUICINESS



3 REDUCING OVERALL COSTS



**CHICKEN,** FOLLOWED BY BEEF, IS THE MOST COMMON ANIMAL PROTEIN TO BE BLENDED.\*



**MUSHROOMS** FOLLOWED BY LEAFY GREENS, ARE THE MOST COMMON PLANT TO BE BLENDED.\*



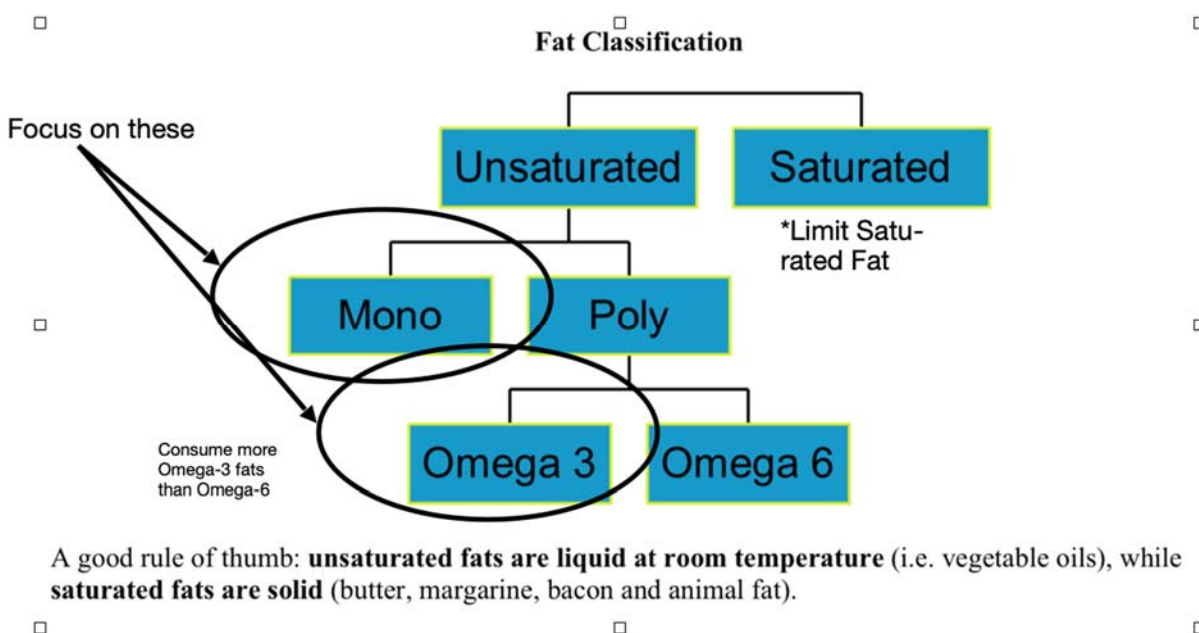
**THE BLEND BEYOND BURGERS:** The CIA and UC Davis found that substituting 50 or even 90 percent of the beef with ground white mushrooms could enhance the overall flavor of a beef taco blend.\*

\*Based on a 2015 68-restaurant survey of more than 700 foodservice operators nationally.



## FATS/OILS

Just like carbohydrates and protein, not all fats are created equal. We need fats to absorb fat-soluble vitamins (A, D, E and K), make essential fatty acids (Omega-3 and Omega-6) and for food to be enjoyable! Most foods contain a combination of fats, but making simple changes in your fat consumption has huge health benefits.



**Saturated fat** has been linked to heart disease since the 1970s. So consuming less of this fat has been recommended for years. Most of saturated fats are solid at room temperature (lard, butter, animal fat, coconut oil, hydrogenated oils)

**Monounsaturated fats** are the good fats that improve your LDL (bad cholesterol) and HDL (good cholesterol). Some good sources are:

- Extra-Virgin Olive Oil
- Canola
- Sunflower
- Oleic Oil
- Avocados
- Nut oils (Pecan, Peanut, Walnut, Hazelnut, Macadamia)
- Avocado Oil
- Nut butters and most nuts
- Tahini
- Sesame

**Go Nuts, but be mindful of your portion. A handful is all you need.**

Nuts also have:

- Protein
- Fiber
- Vitamins
- Minerals
- Antioxidants

Nuts and nut butter are healthy substitutes for saturated fat found in meat and dairy. Research suggests that eating a small amount of nuts (about a handful) daily can lower your risk of diabetes and heart disease and may even lengthen your life.

**Role of Omega-3**

Omega-3 fatty acids are critical to children's development, eye and brain development and prevention of heart disease and cancer. There has also been new research to point to its benefits in regards to reducing inflammation which can play a role in mood disorders, pain and anti-aging.

**Increase the Omega-3: Omega-6 ratio**

Although Omega-6 fat is needed, most foods consumed in the American diet are plentiful in Omega-6, roughly around 10 X more than Omega-3.

Ex: most all store-bought dressings are made with Omega-6, that is why learning how to make a homemade dressing with Olive Oil (rich in Omega-3) is better for your health.

*Important Health Tip:* Focus on adding more Omega-3 rich sources to tip the ratio and improve your health.

**Eat more Omega-3 rich foods**

- Walnuts
- Chia seeds
- Flaxseeds
- Walnuts
- Pumpkin seeds
- Hemp seeds
- Seaweed, spirulina and algae
- Sardines
- Salmon
- Anchovies
- Tuna (albacore)

**What about taking Fish Oil supplements?**

Fish oil is a combination of two types of Omega 3 (DHA and EPA). For heart health EPA helps. Studies have actually studied 15,000 participants with diabetes but no heart disease and compared it to placebo. After 7 years, there was no benefit! Conclusion: Instead of buying a supplement, consider eating fish that has other added benefits 1-2 times a week.

DOI: [10.1016/j.ahj.2017.12.006](https://doi.org/10.1016/j.ahj.2017.12.006)



**Do all fats have cholesterol?**

Animal based fats have cholesterol. Example: butter, eggs, meat.

Plant based fats do not have cholesterol. Example: avocado, coconut oil, nuts

**What about Coconut Oil?**

Coconut oil is a saturated fat but has no cholesterol because it's plant-based. A recent meta- analysis published in 2020 that studied coconut oil and heart outcomes showed that Coconut oil increases your LDL (bad cholesterol) by 10 points and increases HDL (good cholesterol) by 4 points. Coconut oil had no effect on glycemic index and no anti-inflammatory effect. The small increase in good cholesterol was offset by a big increase in bad cholesterol. Consuming coconut oil in dishes to give flavor to food is ok to use from time to time but limit use as your primary cooking oil. Reference: <https://doi.org/10.1161/CIRCULATIONAHA.119.043052>

**I have high cholesterol, do I need to be on a medication?**

Great question, consider switching to a plant-rich diet with lower saturated fats for at least 2-3 months and checking in with your physician. Always seek advice from a medical professional before going off your medications.

## PHYSICAL ACTIVITY

Physical activity is any form of exercise or movement of the body that uses energy. Some of your daily life activities—doing active chores / cleaning the house, yard work, walking the dog—all count as examples of ways to stay active. The goal is to move often, move more and sit less throughout the day. Do what you can; some physical activity is better than none.



### Why is physical activity important?

An active lifestyle will help you burn calories that you store from eating food.

Regular physical activity provides lots of health benefits! It can help:

- Prevent chronic diseases such as heart disease, cancer, and stroke (the three leading health-related causes of death)
- Reduce fat
- Maintain weight
- Improve sleep
- Relieve stress
- Decrease risk of becoming depressed
- Increase your energy and self-esteem
- Promote strong bone, muscle, and joint development
- Condition heart and lungs
- Build overall strength and endurance



## How much physical activity do adults need?

The *Physical Activity Guidelines for Americans* recommends 30 minutes of physical activity a day for adults (and 60 minutes for children) at least five days a week. Sound daunting? If you haven't been active in a while, start slowly and build up - this can lead to a big impact. You don't need to join a gym to be active. Look for ways to increase your heart rate during your daily routine, for example:

- Choose the stairs over the escalator
- Park your car as far away as possible so you have to walk a longer distance to your destination
- Get up and move every hour for 5 minutes
- Instead of calling friends, take a walk together to catch up
- Walk up and down the field while watching your child(ren) play sports
- Get off the bus one stop early and walk
- Replace coffee break with an outdoor walk (or take the coffee with you).
- Find a hiking trail near you.
- Put some music on and dance.
- Plant and care for a vegetable garden

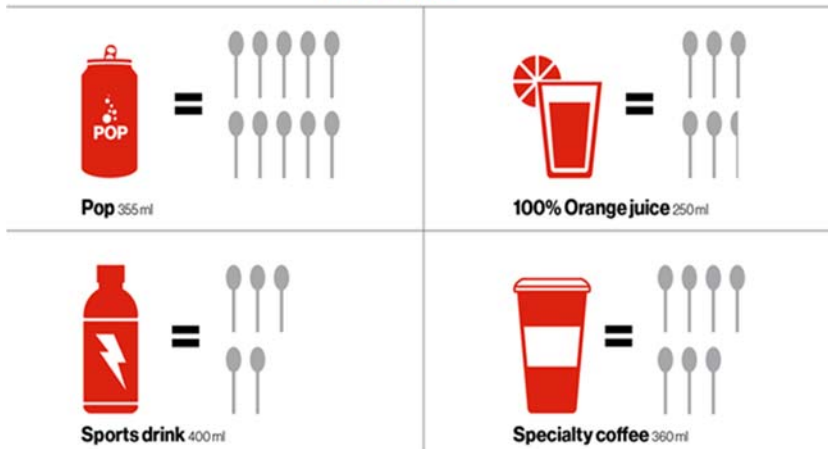
## There are 4 types of physical activity

Activity Type	Examples
<u>Aerobic activities</u> make you breathe harder and your heart beat fast. Aerobic activities can be moderate or vigorous in their intensity levels.	Brisk walking, dancing, hiking, jogging/running, swimming, bicycling without hills
<u>Muscle-strengthening</u> activities make your muscles stronger.	Lifting weights, resistance bands, heavy gardening (digging/shoveling), climbing stairs, hiking hills/mountains, bicycling (with hills), sit-ups and squats, lunges, some forms of yoga
<u>Bone strengthening activities</u> make your bones stronger and are especially important for children and adolescents, as well as older adults.  Weight-bearing and resistance exercises are the best for your bones. Weight-bearing exercises force you to work against gravity.	Walking, hiking, jogging, climbing stairs and dancing. Resistance exercises include lifting weights, swimming and bicycling
<u>Balancing and stretching activities</u> enhance physical stability and flexibility, which reduce the risk of injuries.	Tai chi, yoga, standing up and sitting down from a chair without using your hands, walking while alternating knee lifts with each step, putting your heel right in front of your toe (i.e. walking a tightrope)

## RETHINK YOUR DRINK

What you drink is as important as what you eat. Sugar-sweetened beverages (soda, energy drinks, coffee drinks, and sports drinks, alcoholic mixed drinks or cocktails, and some flavored waters) can add more sugar -- with little to no other nutrition -- to our bodies than any other food or beverage source.

**How many teaspoons of **added sugar** are in your favourite beverage?**



**How much added sugar is too much?** The *Dietary Guidelines for Americans* suggest you consume no more than 6% total calories per day from added sugars, so for an average 2000 calories a day, 6% is about 30 grams (or ~7 teaspoons) of added sugars.

You can find the “added sugars” section on the nutrition facts panel to help you with this guideline. Remember to check out the serving size as well. Keep in mind that some drinks will show information for only ½ the bottle/can.

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The added sugar in sugary drinks may contribute to excess weight gain, increase the risk of obesity, tooth decay, and increase the risk for type 2 diabetes and heart disease.



## TIPS ON HOW TO SWITCH TO HEALTHIER DRINKS

- Use the nutrition label and ingredients to -- reduce your intake of -- and limit added sugars. Check the calories and added sugars on the nutrition facts panel -- and look carefully because one bottle may contain more than one serving which can double or triple the added sugars you're drinking. Common forms of added sugars are sucrose, glucose, fructose, maltose, dextrose, syrups, concentrated fruit juice, agave and honey.
- Cut back slowly and adjust your palate for sweetness. Try mixing half sweetened and half unsweetened.
- Sip on a smoothie. When you are craving something sweet or need an energy boost, skip the sugar-sweetened coffee and try Chef Leslie's smoothie recipe.
- Choose water. If you don't like water, try these tips:
  - Add slices of lemon, lime, oranges or any of your favorite fruits for a flavor boost
  - Quench your thirst and "eat your water" with fresh vegetables and fruits (your body will be happy with the nutrient boost and fiber as well!)
  - Try seltzer or sparkling water if you enjoy fizzy drinks.

## What about alcohol?

Alcoholic beverages do have calories - and in some cases, carbohydrates and added sugars -- so remember to account for this into your overall calories and sugar limits. If you already drink alcohol, moderate alcohol consumption is defined as having up to 1 drink per day whether you are a man or a woman. One drink is equal to a 12-ounce beer, 5-ounce glass of wine or 1.5-ounce of distilled spirits. This definition refers to the amount consumed on any single day and not an average over several days (e.g., if you don't have a drink on Thursday, it doesn't mean you are within limits to have two on Friday).

## MAKE YOUR LIFE EASIER / CREATE EFFICIENCY IN THE KITCHEN

A little time upfront can go a long way. Preparing a few days, or even a week, ahead of time can save you both time and money (two of the biggest barriers to healthy eating). This can also help reduce food waste and that's good for your wallets AND the planet – a win-win!

### Here are some tips to help get you started:

- Browse your cookbooks, the internet and/or visit VEBA's recipe section to find inspiration and create a list of healthy recipes to try.
- Think about what you have on hand, foods your family enjoys, and your schedule.
- Plan to use or repurpose leftovers. Think about doubling a recipe and saving half for the end of the week.
- Plan your weekly meals and figure out what items you may need to buy. If 7 days is too much, start with 2 or 3.
- Take inventory and make your shopping list. Look in your cabinets, freezer, and refrigerator. Post a list of perishables to be used on your fridge where you can see it.

If this is new to you, remember that it's like training for a marathon. It takes time and practice. And, the VRC Team is here for you every step of your well-being journey!

**What's your struggle? Try making one change every week or two. Small changes over time add up to big results!**

Protein? Try batch-prepping your proteins like beans and lentils to use during the week; if you enjoy fish, defrost in your fridge in the morning or the night before.

Veggies? Try preparing carrot and cucumber sticks and have them ready in the fridge for snacking; prepare a few days' worth of broccoli, bell pepper and zucchini for roasting.

Carbohydrates? Go for more complex carbs (see Whole Grains section) and try making at least half or your grains whole grains.

Fats? Skip the store bought dressing and make your own salad dressing ahead of time (see recipe section).

### Other things to keep in mind...

- Compose your meal with mostly of vegetables and fruit, whole grains, healthy protein and healthy oils (see Healthy Eating Plate)
- Try plant-based protein foods. (Lentils, Edamame, Beans, Chickpeas, Nuts/Seeds - see Protein Section for more ideas)
- Prep your meals by chopping veggies and fruit ahead of time.

- Use “kitchen sink” recipes to use up what’s left in your fridge, such as frittata, stir-fry’s, tacos, bowls, soups, and smoothies
- Make water your drink of choice most of the time.

## **HAVEN'T COOKED MUCH BEFORE? START WITH GETTING COMFORTABLE IN YOUR KITCHEN**

As with anything else that is new to us, learning how to cook takes some effort, a positive attitude, time and patience. Try and enter the kitchen with a mindset of “I can do this!”

1. Invest in a few tools that will help you in most of your meal prep
2. Build your pantry. Having a few essentials will help create tasty, satisfying and healthful meals
3. Start with what you know and make some simple swaps and vegetable additions. For example, if you know how to make spaghetti and red sauce. Try switching to brown rice spaghetti noodles and throw some lentils or beans and spinach into the sauce. Try sautéing or roasting some veggies and enjoy on top or on the side.
4. Practice, Practice, Practice! Join Chef Leslie in a cooking class and get some practical tips and recipe ideas.

### CHEF LESLIE'S COOKING TIPS:

1. Eat more vegetables! Make it a goal to get some sort of vegetable or fresh herb onto your plate. Breakfast could include adding leftover roasted vegetables into a scramble or adding frozen cauliflower to a smoothie; add sprouts or even spinach leaves onto nut butter or avocado toast. Think outside the box -- we've been adding frozen riced cauliflower to oatmeal!
2. Add a little spice, chopped herbs and/or citrus zest to your food. Lemon zest can brighten up dishes.
3. Batch cook whenever possible. Double the black bean and sweet potato chili recipe and freeze half. If cooking chicken breasts, cook twice the amount you will need and save for another meal 2-3 days later.
4. Commit to learning a recipe or technique two times a month.
5. Don't let "Perfect" be the enemy of "Good". Rather than over committing to preparing and cooking all of your food, instead, take smart short cuts. If purchasing "no added sugar" pasta sauce and upping its nutrients by adding spinach leaves and canned lentils gets you make a healthier pasta dinner, then take the shortcut. Pre-chopped garlic and ginger as well as cut vegetables are available in most stores.
6. Don't buy your spices in large quantities as it starts to lose flavor as soon as the jar is open.
7. If you have kids, get them involved in some meal prepping and cooking. If they learn at an early age, they will most likely be comfortable in the kitchen as adults. Besides eating as many vegetables in a day as you can; preparing most of your own meals will most likely lead to a healthier diet.
8. Don't let your appliances collect dust. The slow cooker and Instant pot are great for batch cooking!

Join Chef Leslie in her virtual cooking classes where she can show you how come alive in your kitchen!



## **DR. NEISON'S TOP 10 THINGS TO PROMOTE HEALTH FOR YOU AND YOUR FAMILY:**

1. Eat more plants! Add more beans and greens to your life. It doesn't matter if it's organic, non-organic, frozen, canned or dried, just eat more of them. If it comes from plants, eat more of it.
2. Add more Omega-3 foods for the anti-inflammatory boost to help reduce the risk of dementia, heart disease, pain. Omega-3 foods can also improve mood! My favorites include walnuts, chia seeds, flaxseeds, salmon, sardines, anchovies, and cooking with oils rich in Omega-3 like Extra Virgin Olive Oil and Avocado Oil.
3. Familiarize yourself with whole grains. Switch common household foods to whole grain (whole wheat breads/pasta, brown rice). Choose foods with a Carb/Fiber ratio <10:1 (see section on whole grains) such as quinoa, oats and farro.
4. Eat for the planet. Eating more plants in general is good for human and planetary health. Reducing food waste by repurposing food into another meal, take a picture of your fridge before shopping. Visit a farmer's market and buy more seasonal produce and support local farmers. Eat less meat and join in on meatless Mondays!
5. Feel good about your accomplishments. The little things that add up make a big difference! Walk for 5-10 minutes after lunch and dinner. Multi-task in the kitchen with physical activity ex: lunges/squats in the kitchen while food is cooking, planks while scrolling through social media.
6. Know that food is connecting, choose ways to connect with your loved ones in the kitchen. Bring kids to help you. Try to eat at least one meal together every day without devices (no TV or phones) at the dinner table.
7. Feed your Microbiome (Feed your gut bacteria). They love fiber! Eat various colors of plants. More than 30 different vegetables and fruits a week, keeps your gut bacteria happy.
8. Limit those sugar-sweetened sodas and coffee beverages and added sugars in foods. Drink water often. Be kind to your body by limiting the extra sugar.
9. Make mindfulness and awareness your superpower! Marketing in foods has become such a sneaky business! Be smarter with your choices. Enjoy indulging in foods from time to time but also know when you are stress eating and compensating with food. Breathe deeply for a few minutes every day.
10. Sleep and rest. Aim for 8 hours of sleep per night but also consider activities where you can reset and rest your brain like meditation, reading, cleaning, listening to music, crafting, and gardening.

# BASIC ROASTED VEGETABLES



DIFFICULTY

EASY



TIME

15 MIN



SERVES

4

## INGREDIENTS

8 cups (1 package) Broccoli Florets  
4 tbsp. Cooking Oil (*Avocado Oil or Olive Oil*)  
1 tsp. or more of Sea Salt

Dress it up:

**Tahini Sauce:** 1/2 cup Tahini; 3 tbsp. Lemon Juice; 1 tsp. Garlic, chopped; 2-3 tbsp. Warm Water

**Pesto:** 1/4 cup Prepared Pesto; Cherry Tomatoes, halved; Toasted Pinenuts

**Sesame Crunch:** 1 tsp. Sesame Oil; Sesame Seeds

**Cold Citrus:** Orange Segments; Lemon Zest; Hemp Seeds

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. On foil or a Silpat-lined baking sheet, toss together broccoli florets, oil and sea salt.
3. Bake for 25 minutes (*or until broccoli is slightly crispy*)

Additional cooking times:

- Brussel Sprouts (*cut in half*): 25 minutes
- Baby Carrots: 35 minutes
- Cauliflower Florets: 30 minutes
- Large Diced Red Cabbage: 25 minutes

## NUTRITION FACTS PER SERVING

Calories: 182    Fat: 14.6g (Saturated Fat: 2g)    Carbohydrates: 12.1g    Fiber: 4.7g    Sugar: 3.1g    Protein: 5.1g



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# BASIC ROASTED ASPARAGUS



**DIFFICULTY**

**EASY**



**TIME**

**10 MIN**



**SERVES**

**4**

## INGREDIENTS

1 lb. Asparagus, trimmed of its stems (about 2-3 in.)

3 tbsp. Olive Oil

Salt & pepper

*Optional: shaved aged gouda, parmesan, pecorino or another hard cheese*

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. On a Silpat or foil-lined baking sheet, toss trimmed Asparagus, oil, salt and pepper together.
3. Place in preheated oven and cook for 6-8 minutes or until emerald green.
4. Cool for 10 minutes and top with cheese.

*Tip: Enjoy with your favorite protein or add to an egg scramble for a nutritious breakfast!*

## NUTRITION FACTS PER SERVING

Calories: 95    Fat: 70%    Carbohydrates: 28%    Protein: 2%



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# BASIC BROWN RICE

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**DIFFICULTY**

**EASY**



**TIME**

**50 MIN**



**SERVES**

**4**

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## INGREDIENTS

1 cup Brown Rice (for extra flavor, use Basmati rice)  
1 tsp. Olive Oil  
2 cups Water or Vegetable Stock  
1/2 tsp. Salt

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. In an oven-proof pot over medium-high heat, heat oil for 30 seconds.
3. Add rice and stir to coat for about 15-20 seconds.
4. Add water or vegetable stock and salt and bring to a boil.
5. Turn off the heat and cover the pot.
6. Place the pot with the rice into the preheated oven for 45 minutes or until all of the liquid is absorbed and the rice is cooked and soft.
7. Remove and enjoy hot or cold.

## NUTRITION FACTS PER SERVING

Calories: 95    Fat: 70%    Carbohydrates: 28%    Protein: 2%



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# FRAGRANT QUINOA

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**DIFFICULTY**

**EASY**



**TIME**

**30 MIN**



**SERVES**

**2**

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## INGREDIENTS

1 tsp. Garlic, minced  
1 cup Quinoa  
2 cups Water  
1 tsp. Cumin  
1/2 tsp. Coriander  
1 tsp. Cinnamon  
2 tsp. Turmeric  
1 tsp. Salt  
1/2 tsp. Chili Flakes

## DIRECTIONS

1. Use oven-proof pot and lid.
2. Preheat oven to 350 degrees.
3. Place all ingredients into pot.
4. When water comes to boil, cover pot with lid and place in oven.
5. Cook for 25 minutes, or until Quinoa absorbs all of the liquid.
6. Remove and cool.
7. Add in any fruit, herbs, protein and/or vegetables.

## NUTRITION FACTS PER SERVING

Calories: 333

Fat: 6g

Carbohydrates: 58g

Protein: 12g



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# BASIL PESTO

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**DIFFICULTY**

EASY



**TIME**

15 MIN



**SERVES**

4

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Pesto is one of those year 'round recipes you can make and pair with any dish from breakfast omelets to pesto pasta, pesto sandwiches, pesto salads and pesto pizzas. This recipe uses walnuts, which are rich in omega-3 fatty acids. Omega-3 fatty acids are important for brain health and considered anti-inflammatory. When paired with greens and garlic, you boost the antioxidant activity. In addition, adding nutritional yeast, which is low-sodium, and full of B vitamins makes this a fully plant-based pesto. Enjoy over the next 7 days or freeze up to 3 months.

## INGREDIENTS

1 cups Basil  
1/2 cup Greens (Spinach, Kale, Carrot  
Tops, Mint, Arugula, etc.)  
2 garlic cloves  
1 cup Walnuts, Pistachios or Pepitas  
(or any nut/seed you have on hand)  
1/2 cup Nutritional Yeast or 1/2 cup  
packed Parmesan Cheese  
1/2 tsp. Salt  
1 tsp. Lemon Juice (optional)  
1/2 cup Olive Oil  
1-2 tsp. Water to adjust consistency  
(optional)

## DIRECTIONS

1. Add all greens, garlic cloves, walnuts, salt and nutritional yeast in the food processor or mortar pestle until completely mixed together.
2. Add in olive oil slowly.
3. Add lemon juice or water if using in a dressing.

*Tip: Nutritional yeast can be swapped for parmesan cheese. This adds more B vitamins, fiber, and lower saturated fat to the recipe. B vitamins are involved in important bodily processes, such as metabolism, energy production, DNA synthesis, brain function, hormone regulation, and making blood cells.*



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# GREENS & BEANS SOUP

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**DIFFICULTY**

**EASY**



**TIME**

**15 MIN**



**SERVES**

**4**

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If there was one nutrition tip I give to my patients, it is to include more greens and beans into their diet. This is a family-friendly soup, kids can help and they can learn that green-colored foods are delicious. This flavorful, nutrient dense recipe is filled with fiber, iron and phytochemicals! Recipe can be made 1-2 days ahead of time.

## INGREDIENTS

5.5 oz. or 3/4 cup Organic Spinach  
5.5 oz. or 3/4 cup Organic Kale  
1 oz. or 1.5 tbsp. Cilantro, chopped  
2 tbsp. Olive Oil  
2.5 oz. Shallots, chopped (about 2 larger shallots)  
1/2 oz. Garlic, chopped (about 4 cloves)  
1-15 oz can of Cannellini Beans  
1 tsp. Ground Turmeric  
1 tsp. Salt  
1/2 tsp. Black Pepper  
1/2 tsp. Freshly Grated Nutmeg  
1/4 tsp. Ground Allspice  
4 cups Low Sodium Chicken Stock or Vegetable Broth to make it plant-based  
Yogurt 2% (*optional*)

## DIRECTIONS

1. Heat light olive oil in a large saucepan over medium. Add onion and garlic, and cook, stirring often, just until tender, about 5 minutes. Stir in turmeric, salt, nutmeg, and allspice; cook, stirring often, 2 minutes. Add drained can of white beans and stock, and bring to a simmer. Cook about 10 minutes.
2. Add kale/spinach, cilantro to pan. Bring to a simmer over medium, and cook 10 minutes. Working in batches, transfer soup to a blender or use an immersion blender. Secure lid on blender, and remove center piece of lid to allow steam to escape. Place a clean kitchen towel over opening. Process until smooth. Taste and adjust seasonings if needed, and divide among small 2-3 ounce serving containers.
3. Garnish: add a dollop of 2% Greek yogurt and a cilantro leaf.



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# EASY HUMMUS

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**DIFFICULTY**

EASY



**TIME**

5 MIN



**SERVES**

4

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This was one of the first snacks I made for my boys. The American Academy of Pediatrics recommends introducing infants 4-7 months old to peanut butter as this can help decrease allergies to peanuts later in life. So when I made this recipe, I easily substituted tahini for peanut butter and it was perfect! Now that my kids are toddlers, I find they LOVE to dip their foods when they eat. Having these ingredients handy when kids need a snack or when you make their lunches will make this an easy household staple! Enjoy with crunchy vegetables like celery, colorful peppers and carrots.

## INGREDIENTS

15 ounce can garbanzo beans or any beans (white beans or black beans work well)  
2 tablespoons peanut butter  
1 garlic clove  
2.5 tablespoons citrus juice (squeezed lemon, lime or orange)  
1/4 cup olive oil  
1/4 teaspoon kosher salt  
1/2 teaspoon cumin  
1/2 teaspoon paprika

## DIRECTIONS

1. Drain beans. Mix all ingredients in the food processor until smooth and serve with colorful vegetables to dip. You can also serve this as a kid's lunch on whole-wheat toast or a whole-wheat wrap filled with vegetables.



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# BASIC CHICKEN BREAST



**DIFFICULTY**  
**EASY**



**TIME**  
**1 HOUR**



**SERVES**  
**4**

## INGREDIENTS

4 each 4-6 oz. boneless Chicken Breasts, skin on or off; wing bone in or out

1 tbsp. Cooking Oil (*Avocado Oil or Olive Oil*)

Salt & Pepper, to season

Any Rub or Spice (i.e.. 1/3 parts

Cumin, Cinnamon, Garlic Powder)

### **Optional Salt Brine:**

4 cups Warm Water

1/4 cup Sea Salt

2 tbsp. Honey, Brown Sugar, Coconut Sugar

12 Whole Peppercorns (*or 1 tsp. Black Pepper*)

2 tsp. Garlic, chopped

1 tsp. Thyme

Pinch of Chili Flakes (*or 1 tsp. Sriracha*)

## NUTRITION FACTS PER SERVING

**Calories:** 164   **Fat:** 9g (Saturated Fat: 1.3g)   **Carbohydrates:** 1g   **Fiber:** 0.3g   **Sugar:** 0g   **Protein:** 22.7g

## DIRECTIONS

1. If using brine, mix brine ingredients together and let it cool for 15 minutes. Submerge chicken in brine and let it sit for at least 45 minutes and up to 2 hours. Remove from brine and pat dry
2. Preheat oven to 350 degrees.
3. Heat a medium oven-proof sauté pan on your stovetop to medium high
4. Season both sides of chicken breasts with salt and pepper
5. Add oil to pan if you are not using a non-stick pan
6. Place breasts "round" or "presentation side" or "skin side" down.
7. Cook over medium high heat for 3-4 minutes. They will become lightly browned.
8. Turn Chicken Breast over. Turn off burner and place pan with chicken in oven
9. Cook Chicken Breast for 2.5 minutes per ounce of chicken. For example, an 8 ounce chicken breast will cook for 20 minutes. If you are cooking more than one chicken breast, cook in oven for time corresponding to the largest breast (so if you are cooking a 7 ounce and 9 ounce chicken breast, you will cook 9 ounces x 2:30 for a total of 22:30 minutes .
10. Let chicken rest for 3-4 minutes before slicing.



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# RASPBERRY, VANILLA & SNEAKY VEGETABLE SMOOTHIE



**DIFFICULTY**

**EASY**



**TIME**

**5 MIN**



**SERVES**

**1**

## INGREDIENTS

1 Cup frozen Raspberries  
1-2 Scoops of Vanilla Protein Powder  
8-12 drops liquid Stevia drops  
¼ of a frozen Banana  
a pinch of Sea Salt  
½ tsp Vanilla Extract  
½ Cup frozen Cauliflower  
Optional: 1/2 peeled Zucchini, cut into 2-3 pieces  
1 small wedge of Red Cabbage or 1/2 cup of shredded Cabbage  
1/2 Cup of Milk, Unsweetened Non-Dairy Milk or Water

## DIRECTIONS

1. Put all ingredients in blender and process until smooth.

## NUTRITION FACTS PER SERVING

**Calories:** 212    **Fat:** 2.1g (Saturated Fat: 1g)    **Carbohydrates:** 33.1g    **Fiber:** 6.4g    **Sugar:** 17.4g    **Protein:** 17.6g



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# BASIC WILD COHO SALMON

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**DIFFICULTY**

**EASY**



**TIME**

**20 MIN**



**SERVES**

**4**

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Salmon is a very versatile fish but whenever you can, purchase “Wild” over “Domestic” (it’s worth it to pay the extra couple of dollars/pound). Domestic or “Farm Raised” Salmon is not fed its natural diet, so you don’t get the nutritional benefits (mainly Omega 3 Fatty Acids) that you do from its wild counterpart. Salmon Farms also have a negative impact on the environment. For more information regarding seafood quality, visit [www.montereybayaquarium.com](http://www.montereybayaquarium.com) and look under “Seafood Watch”. There is also an app for your iPhone and an app for Android.

## INGREDIENTS

4 each 5-7 oz. Salmon filets, pin bones and skin removed, if desired.  
1 tsp. Oil  
Salt & Pepper

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Heat a large saute pan on your stove top.
3. Season both sides of the salmon filets with salt and pepper.
4. Add 1 tsp. of oil to pain.
5. Place filets "round" or "presentation side" down.
6. Cook over medium-high heat for 3-4 minutes. They should become lightly browned.
7. Turn salmon filets over and cook 1 minute.
8. Place pan in oven and cook another 8 minutes, or until filet is cooked to desired doneness. if you like your salmon cooked all the way through, cook until you see albumen (the white matter) forming on the sides.
9. Enjoy with your favorite salsa, salad or side!



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# BANANA ZUCCHINI WHOLE WHEAT MUFFINS

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**DIFFICULTY**

**EASY**



**TIME**

**35 MIN**



**SERVES**

**4**

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## INGREDIENTS

1/3 cup Extra-Virgin Olive Oil\*  
1/2 cup Maple Syrup  
2 Eggs  
1 cup packed mashed Ripe Bananas (about 3 bananas)  
1/2 cup Zucchini, grated  
1/4 cup Milk or Milk Alternative of choice or water  
1 tsp. Baking Soda  
1 tsp. Vanilla Extract  
1/2 tsp. Salt  
1/2 tsp. Cinnamon  
1 3/4 cups regular Whole Wheat Flour  
1/3 cup Old-Fashioned Oats  
1/4 cup Flax Meal, Hemp Seed or Chia seed (*optional*)  
1/2 cup chopped Walnuts (*optional*)  
1/2 cup Dark Chocolate Chips or chopped Chocolate bar (*optional, but highly recommend*)

## DIRECTIONS

1. Preheat the oven to 325 degrees Fahrenheit (165 degrees Celsius). If necessary, grease all 12 cups of your muffin tin with non-stick cooking spray.
2. In a large bowl, beat the oil and maple syrup and eggs together with a whisk or electric hand mixer.
3. Mix in the mashed bananas and milk, followed by the baking soda, vanilla extract, salt and cinnamon.
4. Add the flour and oats (and flax meal, hemp or chia if using) to the bowl and mix with a large spoon, just until combined. Fold in nuts and chocolate, if using them.
5. Divide the batter evenly between the muffin cups, filling each cup about two-thirds full.
6. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
7. Place the muffin tin on a cooling rack to cool.



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## APPENDIX A.

### Tools for the Kitchen

An integral part of making cooking easy in your kitchen is to outfit your kitchen with tools and wares that makes it easier for you to prepare all sorts of tasty meals. With that said, most recipes can be made with a minimal amount of equipment. The recipes carefully designed for the cooking program at the VEBA Resource Center are time efficient and made with ingredients that can be found at most stores and with basic cooking wares and tools.

A sharp, utilitarian 7-8 inch knife is what most people use in their kitchens ninety-eight percent of the time. Make sure you wash it by hand after each use as dishwashers are too harsh and their temperatures can damage the knife. There is no need to purchase knife sets.

### THE ESSENTIALS

#### Chef's Knife

- <https://www.target.com/p/j-a-henckels-8-international-forged-premio-chef-s-knife/-/A-11163256#lnk=sametab>
- [https://www.amazon.com/Miyabi-Kaizen-8-Inch-Chefs-Knife/dp/B005DZH24Y/ref=sr\\_1\\_1?dchild=1&keywords=miyabi&qid=1595404546&s=kitchen&sr=1-1](https://www.amazon.com/Miyabi-Kaizen-8-Inch-Chefs-Knife/dp/B005DZH24Y/ref=sr_1_1?dchild=1&keywords=miyabi&qid=1595404546&s=kitchen&sr=1-1)
- <https://www.williams-sonoma.com/products/shun-classic-hollow-ground-5in-santoku-knife/?pkey=cknives-shun%7Cshun-classic>

#### Sauté Pan (9-11 inches)

- [https://www.amazon.com/GreenPan-CC000028-001-Paris-Ceramic-Non-Stick/dp/B00C3XVR0E/ref=sr\\_1\\_12?crid=24Y7JL98PI53&dchild=1&keywords=green+pans+non-stick+cookware+10+inch&qid=1595404596&prefix=Green+Pan%2Caps%2C217&sr=8-12](https://www.amazon.com/GreenPan-CC000028-001-Paris-Ceramic-Non-Stick/dp/B00C3XVR0E/ref=sr_1_12?crid=24Y7JL98PI53&dchild=1&keywords=green+pans+non-stick+cookware+10+inch&qid=1595404596&prefix=Green+Pan%2Caps%2C217&sr=8-12)
- <https://www.target.com/p/select-by-calphalon-10-hard-anodized-non-stick-fry-pan-with-cover/-/A-50300883>
- <https://www.williams-sonoma.com/products/greenpan-prestige-fry-10-in/?pkey=ccookware-greenpan%7Cgreenpan-prestige&isx=0.0.1782>

#### Oven-Proof Pot with Lid (small - 2-3 quart)

- <https://www.target.com/p/stainless-steel-covered-saucepan-made-by-design-153/-/A-53678123?preselect=53132742#lnk=sametab>

#### Oven-Proof Pot with Lid (large - 5 quart)

- <https://www.target.com/p/cuisinart-in-the-mix-5qt-stainless-steel-redefine-cooking-pasta-pot-with-cover-85c665-22/-/A-76400629>

#### Wide Mouth Peeler

- [https://www.amazon.com/gp/product/B00D0968BS/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B00D0968BS/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)
- <https://www.target.com/p/oxo-softworks-y-peeler/-/A-13567780>

### Plastic Bench Scraper

- [https://www.amazon.com/s?k=plastic+bench+scraper&ref=nb\\_sb\\_noss\\_2](https://www.amazon.com/s?k=plastic+bench+scraper&ref=nb_sb_noss_2)
- [https://www.williams-sonoma.com/shop/cooks-tools/baking-pastry-tools/?cm\\_type=lnav](https://www.williams-sonoma.com/shop/cooks-tools/baking-pastry-tools/?cm_type=lnav)

### Cheese & Vegetable Grater

- <https://www.target.com/p/stainless-steel-box-grater-made-by-design-8482/-/A-53142264>
- [https://www.amazon.com/Microplane-Elite-Five-Blade-Grater/dp/B00XCI81H6/ref=sr\\_1\\_26?dchild=1&keywords=box+grater&qid=1595409583&sr=8-26](https://www.amazon.com/Microplane-Elite-Five-Blade-Grater/dp/B00XCI81H6/ref=sr_1_26?dchild=1&keywords=box+grater&qid=1595409583&sr=8-26)

### Can Opener

- [https://www.amazon.com/OXO-Good-Grips-Can-Opener/dp/B00004OCJW/ref=sr\\_1\\_6?dchild=1&keywords=can+opener&qid=1595409654&sr=8-6](https://www.amazon.com/OXO-Good-Grips-Can-Opener/dp/B00004OCJW/ref=sr_1_6?dchild=1&keywords=can+opener&qid=1595409654&sr=8-6)
- [https://www.williams-sonoma.com/shop/cooks-tools/can-openers/?cm\\_type=gnav](https://www.williams-sonoma.com/shop/cooks-tools/can-openers/?cm_type=gnav)

### Fine Grater/Microplane

- <https://www.target.com/p/microplane-citrus-zester/-/A-15197502?preselect=15121754#lnk=sameta>
- [https://www.amazon.com/Microplane-40020-Classic-Zester-Grater/dp/B00004S7V8/ref=sr\\_1\\_5?dchild=1&keywords=microplane&qid=1595409690&sr=8-5](https://www.amazon.com/Microplane-40020-Classic-Zester-Grater/dp/B00004S7V8/ref=sr_1_5?dchild=1&keywords=microplane&qid=1595409690&sr=8-5)

### Silicone Spatula(s)

- <https://www.target.com/p/kitchenaid-bamboo-mixer-spatula/-/A-78470784?preselect=76341880#lnk=sameta>
- [https://www.amazon.com/Core-Bamboo-7589-Silicone-3-Piece/dp/B0083V8YAO/ref=sr\\_1\\_17?dchild=1&keywords=silicone+spatulas+wood+handle&qid=1595410933&s=kitchen&sr=1-17](https://www.amazon.com/Core-Bamboo-7589-Silicone-3-Piece/dp/B0083V8YAO/ref=sr_1_17?dchild=1&keywords=silicone+spatulas+wood+handle&qid=1595410933&s=kitchen&sr=1-17)
- <https://www.williams-sonoma.com/products/stainless-steel-ultimate-spatula-set/?pkey=ccook-tool-top-rated&isx=0.0.4224&group=1&sku=5728295>

### Metal Flipper Spatula

- <https://www.target.com/p/stainless-steel-solid-turner-made-by-design-8482/-/A-53142642>
- <https://www.target.com/p/oxo-stainless-steel-turner/-/A-13567779>
- [https://www.amazon.com/Chef-Craft-10211-Spatula-Stainless/dp/B001C28UES/ref=sr\\_1\\_29?crid=FHYF7SJ7ISRX&dchild=1&keywords=metal+spatula+for+cooking&qid=1595409229&srefix=metal+spatula%2Caps%2C214&sr=8-29](https://www.amazon.com/Chef-Craft-10211-Spatula-Stainless/dp/B001C28UES/ref=sr_1_29?crid=FHYF7SJ7ISRX&dchild=1&keywords=metal+spatula+for+cooking&qid=1595409229&srefix=metal+spatula%2Caps%2C214&sr=8-29)

### Colander

- <https://www.target.com/p/kitchenaid-5-quart-colander-stainless-steel-black-rim/-/A-16935553>
- <https://www.target.com/p/medium-plastic-colander-room-essentials-8482/-/A-13793705>

### Tongs

- <https://www.target.com/p/oxo-12-tongs-with-nylon-head/-/A-13567819>
- <https://www.target.com/p/kitchenaid-locking-tongs/-/A-53277117>

### Cutting Board

- <https://www.target.com/p/epicurean-17-5x13-non-slip-cutting-board-natural-brown/-/A-26397842>
- <https://www.target.com/p/totally-bamboo-2-tone-cutting-board-13-5-x-11-5/-/A-53240076>
- [https://www.amazon.com/Cutting-Boards-Epicurean-Natural-021-3PACK01/dp/B01H0P89CS/ref=sr\\_1\\_8?crid=1XJX1QHUC5F8C&dchild=1&keywords=epicurean%2Bcutting%2Bboards%2Bfor%2Bkitchen&qid=1595409889&s=home-garden&sprefix=epicurean%2Bcutting%2B%2Cgarden%2C209&sr=1-8&th=1](https://www.amazon.com/Cutting-Boards-Epicurean-Natural-021-3PACK01/dp/B01H0P89CS/ref=sr_1_8?crid=1XJX1QHUC5F8C&dchild=1&keywords=epicurean%2Bcutting%2Bboards%2Bfor%2Bkitchen&qid=1595409889&s=home-garden&sprefix=epicurean%2Bcutting%2B%2Cgarden%2C209&sr=1-8&th=1)

### Mixing Bowls

- <https://www.target.com/p/3pc-stainless-steel-non-slip-mixing-bowls-made-by-design-8482/-/A-53164081>
- <https://www.target.com/p/5pc-plastic-mixing-bowl-set-with-lids-blue-made-by-design-8482/-/A-76465690>
- [https://www.amazon.com/PriorityChef-Stainless-Steel-Mixing-Bowls/dp/B083HGQD43/ref=sspa\\_dk\\_typ\\_pt\\_comp\\_3/139-9630009-1875704?encoding=UTF8&pd\\_rd\\_i=B083HGQD43&pd\\_rd\\_r=d323a61b-bb0f-458e-abb9-36ea653ca2c8&pd\\_rd\\_w=OZucA&pd\\_rd\\_wg=76Bil&pf\\_rd\\_p=f4a0f9fa-8cd5-4d64-8b87-c31e9eddc5d8&pf\\_rd\\_r=5D41C91Y4J7ZD0H4WDQ6&pvc=1&refRID=5D41C91Y4J7ZD0H4WDQ6&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExVEZLNks0OTg2QVpXJmVuY3J5cHRlZElkPUExMDE2MzE0U0UdCSzRMTTIZTTBTJmVuY3J5cHRlZEFkSWQ9QTA3NjMwNTQySlQyVFY1SVdCR0UxJndpZGldE5hbWU9c3BfdHlwX3BlcmNvbGF0ZSZhY3Rpb249Y2t5ZWVpZCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.com/PriorityChef-Stainless-Steel-Mixing-Bowls/dp/B083HGQD43/ref=sspa_dk_typ_pt_comp_3/139-9630009-1875704?encoding=UTF8&pd_rd_i=B083HGQD43&pd_rd_r=d323a61b-bb0f-458e-abb9-36ea653ca2c8&pd_rd_w=OZucA&pd_rd_wg=76Bil&pf_rd_p=f4a0f9fa-8cd5-4d64-8b87-c31e9eddc5d8&pf_rd_r=5D41C91Y4J7ZD0H4WDQ6&pvc=1&refRID=5D41C91Y4J7ZD0H4WDQ6&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExVEZLNks0OTg2QVpXJmVuY3J5cHRlZElkPUExMDE2MzE0U0UdCSzRMTTIZTTBTJmVuY3J5cHRlZEFkSWQ9QTA3NjMwNTQySlQyVFY1SVdCR0UxJndpZGldE5hbWU9c3BfdHlwX3BlcmNvbGF0ZSZhY3Rpb249Y2t5ZWVpZCZkb05vdExvZ0NsaWNrPXRydWU=)

### Baking Sheets (2)

- <https://www.target.com/p/nordic-ware-naturals-baker-s-half-sheet/-/A-14901174>
- <https://www.target.com/p/non-stick-cookie-sheet-aluminized-steel-made-by-design-153/-/A-53678240?preselect=53118955#lnk=sametab>
- [https://www.amazon.com/Bakeware-Set-Aluminum-Commercial-experienced/dp/B07JPZ6B38/ref=sr\\_1\\_6?dchild=1&keywords=half+sheet+pans&qid=1595409951&s=home-garden&sr=1-6](https://www.amazon.com/Bakeware-Set-Aluminum-Commercial-experienced/dp/B07JPZ6B38/ref=sr_1_6?dchild=1&keywords=half+sheet+pans&qid=1595409951&s=home-garden&sr=1-6)

### Measuring spoons



- <https://www.target.com/p/stainless-steel-measuring-spoons-made-by-design-8482/-/A-53766541>
- <https://www.target.com/p/oxo-stainless-steel-measuring-spoons/-/A-13355790>
- [https://www.amazon.com/s?k=stainless+steel+measuring+spoons&i=garden&crd=L5JBGZ013VCE&srefix=stainless+steel+%2Cgarden%2C207&ref=nb\\_sb\\_ss\\_organic-diversity\\_2\\_16](https://www.amazon.com/s?k=stainless+steel+measuring+spoons&i=garden&crd=L5JBGZ013VCE&srefix=stainless+steel+%2Cgarden%2C207&ref=nb_sb_ss_organic-diversity_2_16)

### Measuring cups

- <https://www.target.com/p/oxo-stainless-steel-measuring-cups/-/A-10314428>
- [https://www.amazon.com/Smithcraft-Stainless-Measuring-Material-Kitchen/dp/B07J5MLT33/ref=sr\\_1\\_12?dchild=1&keywords=stainless+steel+measuring+cups&qid=1595410330&s=home-garden&sr=1-12](https://www.amazon.com/Smithcraft-Stainless-Measuring-Material-Kitchen/dp/B07J5MLT33/ref=sr_1_12?dchild=1&keywords=stainless+steel+measuring+cups&qid=1595410330&s=home-garden&sr=1-12)

### Basic Kitchen Utensil Sets

- <https://www.target.com/p/kitchenaid-15pc-tools-and-gadget-set/-/A-53289274>
- [https://www.amazon.com/Silicone-Cooking-Utensils-Kitchen-Utensil/dp/B07HGCJB1F/ref=sr\\_1\\_2\\_sspa?dchild=1&keywords=kitchen+utensils+sets&qid=1595410556&s=home-garden&sr=1-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUE1S0dBMDc0WVY0WVMmZW5jcnlwdGVkSWQ9QTAXNjYxNzIxMzV0xOMVVCJmVuY3J5cHRlZEFkSWQ9QTA4Nzk0OTY3R1pTQ1I5RFJMNUMmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl](https://www.amazon.com/Silicone-Cooking-Utensils-Kitchen-Utensil/dp/B07HGCJB1F/ref=sr_1_2_sspa?dchild=1&keywords=kitchen+utensils+sets&qid=1595410556&s=home-garden&sr=1-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUE1S0dBMDc0WVY0WVMmZW5jcnlwdGVkSWQ9QTAXNjYxNzIxMzV0xOMVVCJmVuY3J5cHRlZEFkSWQ9QTA4Nzk0OTY3R1pTQ1I5RFJMNUMmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl)

## OPTIONAL

### Kitchen Scissors

- [https://www.amazon.com/KitchenAid-KE351OHOBAPurpose-Shears-Black/dp/B07PZF3QS3/ref=sr\\_1\\_5?dchild=1&keywords=kitchen+scissors&qid=1595410022&s=home-garden&sr=1-5](https://www.amazon.com/KitchenAid-KE351OHOBAPurpose-Shears-Black/dp/B07PZF3QS3/ref=sr_1_5?dchild=1&keywords=kitchen+scissors&qid=1595410022&s=home-garden&sr=1-5)
- [https://www.amazon.com/OXO-Grips-Multi-Purpose-Kitchen-Scissors/dp/B000KILLXM/ref=sr\\_1\\_10?dchild=1&keywords=kitchen+scissors&qid=1595410022&s=home-garden&sr=1-10](https://www.amazon.com/OXO-Grips-Multi-Purpose-Kitchen-Scissors/dp/B000KILLXM/ref=sr_1_10?dchild=1&keywords=kitchen+scissors&qid=1595410022&s=home-garden&sr=1-10)

### Small Sauté Pan

- [https://www.amazon.com/GreenPan-Chatham-ceramic-Non-Stick-Frypan/dp/B06XF4WBD7/ref=sr\\_1\\_3?dchild=1&keywords=small+green+pan&qid=1595410125&s=home-garden&sr=1-3](https://www.amazon.com/GreenPan-Chatham-ceramic-Non-Stick-Frypan/dp/B06XF4WBD7/ref=sr_1_3?dchild=1&keywords=small+green+pan&qid=1595410125&s=home-garden&sr=1-3)

### Salad Spinner

- <https://www.target.com/p/oxo-little-salad-and-herb-spinner/-/A-516266>
- [https://www.amazon.com/ZYLISS-Salad-Spinner-Large-Green/dp/B0007LXTHI/ref=sr\\_1\\_4?crd=2JV0EB2BTSADI&dchild=1&keywords=salad+spinner+zyliiss+swift+dry&qid=1595410154&s=home-garden&srefix=salad+spinner%2Cgarden%2C214&sr=1-4](https://www.amazon.com/ZYLISS-Salad-Spinner-Large-Green/dp/B0007LXTHI/ref=sr_1_4?crd=2JV0EB2BTSADI&dchild=1&keywords=salad+spinner+zyliiss+swift+dry&qid=1595410154&s=home-garden&srefix=salad+spinner%2Cgarden%2C214&sr=1-4)

### Garlic Press

- <https://www.target.com/p/garlic-press-made-by-design-8482/-/A-76201494>
- <https://www.target.com/p/zwilling-pro-garlic-press/-/A-76177644>
- <https://www.williams-sonoma.com/products/rosle-garlic-press/?pkey=cgarlic-herb-tools&isx=0.0.539>
- [https://www.amazon.com/Alpha-Grillers-Stainless-Silicone-Dishwasher/dp/B00I937QEI/ref=sr\\_1\\_7?dchild=1&keywords=garlic+press&qid=1595410234&s=home-garden&sr=1-7](https://www.amazon.com/Alpha-Grillers-Stainless-Silicone-Dishwasher/dp/B00I937QEI/ref=sr_1_7?dchild=1&keywords=garlic+press&qid=1595410234&s=home-garden&sr=1-7)

### Knife Sharpener

- [https://www.amazon.com/MinoSharp-3-Sharpener-Black-Red/dp/B0015S0VN2/ref=sr\\_1\\_1?crid=2E4W3ZMUKDMM2&dchild=1&keywords=minosharp+plus+3+knife+sharpener&qid=1595409374&srefix=minosharp%2Caps%2C266&sr=8-1](https://www.amazon.com/MinoSharp-3-Sharpener-Black-Red/dp/B0015S0VN2/ref=sr_1_1?crid=2E4W3ZMUKDMM2&dchild=1&keywords=minosharp+plus+3+knife+sharpener&qid=1595409374&srefix=minosharp%2Caps%2C266&sr=8-1)

### Serrated knife

- <https://www.target.com/p/kitchenaid-classic-8-forged-triple-rivet-scalloped-bread-knife-kkfr8brob/-/A-50295526>
- <https://www.target.com/p/j-a-henckels-international-classic-7-bread-knife/-/A-15674293>

### Slotted spoon

- <https://www.target.com/p/stainless-steel-slotted-spoon-made-by-design-8482/-/A-53142643>

### Whisk

- <https://www.target.com/p/get-it-right-ultimate-whisk/-/A-79228567?preselect=78855319#lnk=sameta>
- <https://www.target.com/p/oxo-9-softworks-whisk/-/A-13567299>
- <https://www.williams-sonoma.com/shop/cooks-tools/cook-tool-top-rated/?isx=0.0.5743>

### Ladle

- <https://www.target.com/p/cuisinart-stainless-steel-ladle-ctg-8a-ld/-/A-53177495>
- [https://www.amazon.com/OXO-Grips-Stainless-Steel-Ladle/dp/B082N6ZB63/ref=sr\\_1\\_7?dchild=1&keywords=stainless+steel+ladle&qid=1595410765&s=home-garden&sr=1-7](https://www.amazon.com/OXO-Grips-Stainless-Steel-Ladle/dp/B082N6ZB63/ref=sr_1_7?dchild=1&keywords=stainless+steel+ladle&qid=1595410765&s=home-garden&sr=1-7)

### Food scale

- <https://www.target.com/p/oxo-5lb-food-scale-with-pull-out-display/-/A-11144550>
- [https://www.amazon.com/KUBEI-Upgraded-Digital-Precision-Electronic/dp/B07YKCFJHQ/ref=sr\\_1\\_3\\_sspa?dchild=1&keywords=food+scale&qid=1595410712&s=home-garden&sr=1-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzS0VTMU9DOThGVzhZJmVuY3J5cHRIZEIkPUEwNTc0Mjc5UTIPM1RCSjAwUjM0JmVuY3J5cHRIZEFkSWQ9QTA2OTM4OTUzU1NKN0I](https://www.amazon.com/KUBEI-Upgraded-Digital-Precision-Electronic/dp/B07YKCFJHQ/ref=sr_1_3_sspa?dchild=1&keywords=food+scale&qid=1595410712&s=home-garden&sr=1-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzS0VTMU9DOThGVzhZJmVuY3J5cHRIZEIkPUEwNTc0Mjc5UTIPM1RCSjAwUjM0JmVuY3J5cHRIZEFkSWQ9QTA2OTM4OTUzU1NKN0I)

[NQzlOOQVZFJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.target.com/p/berghoff-cooknco-9-cast-aluminum-orange-squeezer/-/A-79311113)

### Hand-Held Citrus Juicer

- <https://www.target.com/p/berghoff-cooknco-9-cast-aluminum-orange-squeezer/-/A-79311113>
- [https://www.amazon.com/IMUSA-VICTORIA-70009-Orange-Citrus-Squeezer/dp/B00O525UL8/ref=sr\\_1\\_6?crd=21MLIY8QMR2RP&dchild=1&keywords=orange+juicer+manual+hand+squeezer&qid=1595410681&s=home-garden&sprefix=orange+juice%2Cgarden%2C213&sr=1-6](https://www.amazon.com/IMUSA-VICTORIA-70009-Orange-Citrus-Squeezer/dp/B00O525UL8/ref=sr_1_6?crd=21MLIY8QMR2RP&dchild=1&keywords=orange+juicer+manual+hand+squeezer&qid=1595410681&s=home-garden&sprefix=orange+juice%2Cgarden%2C213&sr=1-6)

### Cast Iron Pan

- <https://www.target.com/p/stansport-10-cast-iron-skillet-fry-pan/-/A-78618840>

## LARGER EQUIPMENT

### Food Processor

- <https://www.target.com/p/oster-10-cup-food-processor-black-fpstfp1355/-/A-51129772>
- <https://www.target.com/p/kitchenaid-7-cup-food-processor-kfp0718bm/-/A-53600388?preselect=53171973#lnk=sameta>

### Regular and High-Speed Blender(s)

- <https://www.target.com/p/nutribullet-blender-combo/-/A-76580528>
- <https://www.target.com/p/ninja-kitchen-system-with-auto-iq-boost-and-7-speed-blender/-/A-79317172>
- <https://www.target.com/p/vitamix-certified-reconditioned-5300-blender/-/A-51195237?preselect=50997630#lnk=sameta>
- [https://www.amazon.com/Vitamix-E310-Explorian-Professional-Grade-Container/dp/B07CVRZ1YJ/ref=sr\\_1\\_1\\_sspa?dchild=1&keywords=vitamin+blenders&qid=1595410808&s=home-garden&sr=1-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFQUdIZRVRCUjgyOEEmZW5jcnlwdGVkSWQ9QTAYODExNjczUjJYNExHRTVKV0ZYJmVuY3J5cHRlZEFkSWQ9QTAXMjA5MTQxRVVNMk1OSUpZQ08md2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl](https://www.amazon.com/Vitamix-E310-Explorian-Professional-Grade-Container/dp/B07CVRZ1YJ/ref=sr_1_1_sspa?dchild=1&keywords=vitamin+blenders&qid=1595410808&s=home-garden&sr=1-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFQUdIZRVRCUjgyOEEmZW5jcnlwdGVkSWQ9QTAYODExNjczUjJYNExHRTVKV0ZYJmVuY3J5cHRlZEFkSWQ9QTAXMjA5MTQxRVVNMk1OSUpZQ08md2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl)

### Instant Pot and Air Fryer

- <https://www.target.com/p/instant-pot-duo-nova-6-quart-7-in-1-one-touch-multi-use-programmable-pressure-cooker-with-new-easy-seal-lid-8211-latest-model/-/A-54643166>
- <https://www.target.com/p/instant-pot-8qt-duo-crisp-combo-electric-pressure-cooker-air-fryer/-/A-54643330>

- [https://www.amazon.com/Ninja-Pressure-Cooker-Steamer-Technology/dp/B07QKLPN29/ref=sr\\_1\\_7?crd=2N2HJDO6O5679&dchild=1&keywords=ninja+air+fryer+pressure+cooker+combo&qid=1595411069&s=home-garden&prefix=ninja+%2Cgarden%2C218&sr=1-7](https://www.amazon.com/Ninja-Pressure-Cooker-Steamer-Technology/dp/B07QKLPN29/ref=sr_1_7?crd=2N2HJDO6O5679&dchild=1&keywords=ninja+air+fryer+pressure+cooker+combo&qid=1595411069&s=home-garden&prefix=ninja+%2Cgarden%2C218&sr=1-7)

#### **Slow Cooker**

- <https://www.target.com/p/crock-pot-6qt-programmable-cook-38-carry-slow-cooker-black-sccpvl605-b/-/A-13697382>

#### **Rice Cooker**

- <https://www.target.com/p/aroma-8-cup-rice-cooker-stainless-steel-arc-904sb/-/A-52059149>