



WORKSHEET #8

6 Things Every Healthy Kitchen Has

Kitchanatomy - 10 Step Kitchen Detox

In the last worksheet I asked you to work on determining if you needed a kitchen tool upgrade. In this class I wanted to cover the basics. These are 6 things every healthy kitchen has plus a few accessories. Check them off!

1. 3 Cutting Boards -

- Meat**
- Produce**
- Strong Flavors**
- Mineral Oil**
- Made of Wood, Bamboo, or Wood Composite**
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2. Chefs Knife -

- Knife**
- Knife skills class**
- Honing Steel**
- Safe Storage - wood block or drawer block**
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3. Large Oven Safe Skillet - Check the one that applies to your cooking style

- Cast Iron**
- Stainless**
- Enamel**
- Ceramic**
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4. Blender - Check one that applies to your budget and cooking style.

- Bottom Blade High Speed - Vitamix, Blendtech**
- Muti-blade High Speed - Ninja**
- Bottom Blade Standard - Oyster, Hamilton Beach, Cusinart**
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5. Large Stock Pot with Lid -

- Stainless**
- Non-Stick**
- Enamel**
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6. Intentions -

- Commitment to Yourself - Health**
- Commitment to Your Family - Health**
- Falling in Love with Your Kitchen**
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