

The following tools will make doing the Plant Fueled Reset easier and help you sustain a whole food plant based lifestyle after it's over. They're listed in order of importance (roughly). You don't have to buy all of these, purchase everything at once, or buy everything brand new. If you purchase items directly from this list, we will make a pinch of commission.

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STORAGE CONTAINERS

You will need at least two dozen storage containers in different sizes. We prefer glass containers for leftovers since you can often reheat food in the container. If you already have some, fab! If not, stock up because you will need them for things like oats, grains, seeds, batched food, etc.

To keep things labeled and organized, grab a roll of masking tape and a Sharpie while you're at it. Seriously, do not just assume you'll remember what something is. You won't. (Ask how we know.)

BLENDER

[Vitamix](#) and [Blendtec](#) are the highest quality blenders out there and are well worth it if you have room in your budget. You will use them *all the time*, and they will last for decades. They make smoothies, sauces, dressings, and even soups super smooth.

[Nutribullet](#), [Breville](#), [Kitchenaid](#), and [Oster](#) are at a lower price point and are solid brands. You may need to soak things like dates and nuts in advance and blend a little longer to get silky smoothness, but these are great options.

JUICING EQUIPMENT

If you're participating in the three-day juice fast, you might consider buying a juicer. There are two types of juicers: centrifugal and masticating.

CENTRIFUGAL JUICER

Centrifugal juicers quickly spin the veggies and fruits in a basket, shredding everything and separating the juice from the pulp.

Pros:

- Typically more affordable
- Quicker to use and clean
- Take up less counter space
- Have bigger chutes

Cons:

- Juice made in centrifugal juicers starts to lose nutrients 20 minutes after making, so it's important to drink right away
- Louder than masticating juicers
- Don't get as much juice out of leafy greens

MASTICATING JUICER

Masticating juicers slowly tear, grind, and press produce to extract juice.

Pros:

- The nutrients last up to 72 hours before they start degrading
- Much quieter than centrifugal juicers
- Slow grinding process extracts more juice, pulling out as many nutrients as possible and leaving the pulp nearly dry.

Cons:

- Typically more expensive
- Take longer to use and clean
- Bigger, bulkier, and heavier than centrifugal juicers
- Take longer to use and clean
- Smaller chutes, which means more time prepping produce

WHAT IF I DON'T WANT TO BUY A JUICER?

No problem! You can use a blender and a nut milk bag. [We prefer this bag with a handle.](#)

GLASS BOTTLES WITH LIDS

You'll want to drink your juice soon after you make it, but having [glass bottles](#) is handy in case you need to wait or drink on the go.

INSTANT POT

The [Instant Pot](#) is a multifunctional electric pressure cooker that's super easy to use. If you have a stovetop pressure cooker or another electric pressure cooker that you like, don't bother with the Instant Pot until it's time to upgrade or replace your old one. Stovetop pressure cookers cook at a higher PSI than most electric pressure cookers, so you might need to adjust some recipes to lessen the cooking time if you use a stovetop variety. A pressure cooker is optional, but the hands-off time they provide makes multitasking during batch cooking a breeze.

SALAD SPINNER

Spinning your greens dry after you wash them helps them last longer. A [salad spinner](#) is optional, too, but once you try one, you won't want to go without.

FOOD PROCESSOR

You might not use it all the time, but when you need it, you need it. [Food processors](#) are handy for jobs that a blender can't do, like hummus. You can also use it to chop veggies for a time-saving hack.

Cuisinart is the gold standard of food processors. I bought my Cuisinart from Costco for \$100, and it's a total badass. Hamilton Beach is a less expensive brand that does an awesome job.

STEAMER BASKET

This is the easiest and quickest way to cook up some leafy greens or broccoli and chow down. Look for a [steamer basket](#) with little legs so you can place it on the bottom of any pot. A removable handle is also handy (did anyone catch that pun?).

FINE MESH STRAINER

[These strainers](#) are perfect for rinsing veggies, fruit, beans, and small grains, like quinoa and rice.

KNIVES

There are two knives that are crucial to have in your kitchen:

[Chef's knife](#) (8-10 inches)

Your chef's knife will do 90% of your cooking tasks.

[Paring knife](#)

A paring knife is a small knife great for smaller jobs, like cutting herbs, shallots, garlic, and fruit.

The most important thing about any knife is that it's sharp. A good rule of thumb is to sharpen your knife once or twice a year. You can buy a sharpener and do it yourself, or you can pay someone to do it for you. Some towns are fortunate enough to have shops

with knife sharpening services, but if not, you can find reputable businesses online that do sharpening through the mail.

VARIOUS POTS AND PANS

You don't need a ton of pots and pans, just a few different sizes. Here's a breakdown of what Molly has in her kitchen. If she can make it work with these, you can too!

[Cast iron 10" skillet](#)

[Stainless steel 12" skillet](#)

[Stainless steel 1-quart pot with lid](#)

[Stainless steel 2-quart pot with lid](#)

[Stainless steel 5.5-quart pot with lid](#)

We don't recommend pots and pans made from aluminum or coated with Teflon because they release toxic chemicals into your food. Stick with stainless steel and cast iron.

SHEET PANS

We recommend having at least two [sheet pans](#) (AKA baking sheets) in your kitchen. You will use them for roasting veggies, baking tofu, heating up leftovers, making croutons, cooking veggie burgers—lots of yummy things. Good quality stainless steel sheet pans are a great option, they last for ages, and you'll use them again and again. They come in half-sheet (small) and full-sheet (large) sizes. One of each will make you a happy camper.

SILICONE BAKING MAT

[Silicone baking mats](#) are perfect to line baking sheets for oil-free roasting. You can use parchment paper instead, but we recommend having at least one silicone baking mat because you can wash and reuse it.

CITRUS JUICER

A [simple citrus hand juicer](#) is all you need for lemons, limes, and small oranges. You can get one for around \$20.

VEGGIE SPIRALIZER

Not totally necessary, but a [spiralizer](#) is a fun gadget to have. They're super handy for making beautiful pasta-like spirals from veggies like carrots and zucchini.

And that's a wrap! If you can't get everything on the list but have a blender, juicer, and a few mismatched storage containers, you'll be good to go. We look forward to resetting with you!