

Kitchen Makeover

Checklist

- Purge the fridge and freezer
- Pillage the pantry
- Replace contents with items from the FEON's list

Tools of the Trade

- Serving size containers
- Sharp knives
- Two chopping boards
- Metric cups
- Space on your bench
- Blender (magic bullet)
- Stove top and BBQ
- Slow cooker
- Nutrition scales
- A solid wok, pots and pans (non-stick) with steamer