



Kitchen Tools & Appliances

Tools

Canning Jars

- 64 oz Wide Mouth
[Click Here to Buy on Amazon](#)
Useful for Sprouting
- 8 oz Regular Mouth
[Click Here to Buy on Amazon](#)
Useful for storing juice
- 16 oz Regular Mouth
[Click Here to Buy on Amazon](#)
Useful for storing food

Fine Strainers

[Click Here to Buy on Amazon](#)

Funnel, Stainless Steel

[Click Here to Buy on Amazon](#)

You may also use a Plastic funnel

Garlic Presser

[Click Here to Buy on Amazon](#)

(Optional)

Lemon squeezer

[Click Here to Buy on Amazon](#)

Sprouting Lids

[Click Here to Buy on Amazon](#)

Appliances

Coffee Grinder- Used to Grind Flaxseed

[Click Here to Buy on Amazon](#)

Food Processor

[Click Here to Buy on Amazon](#)

High-Speed Blender

[Click Here to Buy on Amazon](#)

Instapot (Optional)

[Click Here to Buy on Amazon](#)

Masticating Juicer

[Click Here to Buy on Amazon](#)

Waffle Maker

[Click Here to Buy on Amazon](#)

Dehydrator

[Click Here to Buy on Amazon](#)

Med Missionary Course

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