

## **HERE'S THE RECOMMENDED EQUIPMENT LIST FOR YOUR KITCHEN**

- Juicer
- Food processor and/or bamix
- Blender
- Measuring cups and spoons
- Mixing bowls
- Two sharp knives, vegetable peeler
- Saucepan, frypan, steamer preferably stainless steel
- Baking pan, colander etc
- Grater
- Water filter

### **The low down on juicers**

You will find a juicer helpful when you get started because juiced fruit and vegetables are important in all detoxing regimes. Juicers come in all shapes and sizes from inexpensive to very expensive.

You have a choice between Centrifugal Juicers and Masticating Pressure Juicers (for more information refer to book).