



Recommended Kitchen Tools

In the Paleo kitchen, there are some essential tools, as well as some items that are not absolutely necessary, but very helpful because they save some time. Other gadgets from your local cooking store will become fairly obsolete. For example, you may find you're not going to be pulling out a pasta maker or a stand mixer very often, but many other appliances get very frequent, almost daily use.

Here are four lists: basics for every kitchen, essentials for a Paleo kitchen, cookware and bakeware, and helpful nice-to-haves to consider. These lists will help you set up your kitchen for success when switching to a real food, Paleo diet.

Check off items that you have and ones that you acquire on your journey to better health!

Kitchen Basics

- Measuring cups
- Measuring spoons
- Potholders
- Kitchen towels
- Vegetable peeler
- Spice Rack
- Cutting Boards
- Chef's Knife
- Wooden Spoons
- Slotted Spoons
- Spatula
- Ladle
- Utensil Holder
- Mixing bowls of various sizes (Stackable if possible)
- Glass storage containers: Various sizes with sealing lids (like "Glasslock")

Paleo Kitchen Essentials

- Meat Cleaver
- Paring knife
- Whisk
- Grater
- Probe meat thermometer
- Salad spinner
- Cheesecloth or cotton/linen fine mesh towel
- Potato masher
- Tongs
- Hand held lemon squeezer or citrus reamer
- Mason jars
- Food processor
- Blender
- Immersion blender

Cookware and Bakeware

- Sauté pan
- Skillet
- Baking Dishes
- Stock pot
- Soup Pot
- Dutch Oven



Helpful “Nice to Have” Items

- Kitchen shears
- Pepper mill
- Mandoline
- Muffin tin and muffin liners
- Ramekins
- Spoon rest
- Meat grinder
- Hand mixer
- Slow cooker
- Sous Vide
- Dehydrator
- Fermentation pot
- Juicer
- Spice grinder machine
- Mortar and pestle
- Garlic press