

Program Tools

Here are some items you'll want to have on hand to help you crush your P20!

Kitchen



- Large, flat silicone spatula (for flipping)
- Silicone spatula (for scraping)
- Wooden or silicone spoon
- Measuring cups
- Measuring spoons
- Wire whisk
- Chef's knife
- (2) Cutting boards (one for meats, one for produce)
- Hand grater
- Saute pan
- Small saucepan
- Slow cooker
- Blender
- Electric mixer
- Food processor
- Baking sheet
- 9" x 5" baking pan
- Mixing bowls (small and large)
- Colander
- Spiralizer
- Glass storage containers with lids

We also recommend adding some gentle, fun movement 3-5 days a week. Here's some suggested gear to get you started! Don't have a gym nearby? No worries! Go for a walk or check out your [Helpful Resources](#) guide for some great workout apps and websites.

Workouts



- Sneakers
- Comfortable workout clothes
- 5-10lb hand weights
- Resistance band
- Small towel
- Yoga mat