



PHASE 3 TO LIFE
MAINTENANCE
PROGRAM

TOOLS
&
INGREDIENTS
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RAYZEL'S MOST USED TOOLS

RAYZEL'S VERY FAVORITE, GETS-USED-EVERY-STINKIN'-DAY TOOLS FROM THE WHOLE LIST

LOW COST TOOLS

- Flexible Thai Knife
- 2 Tablespoon Measuring Spoon

MEDIUM COST TOOLS

- Instant Pot: 6Qt
- Mandoline Slicer

INVESTMENT LEVEL TOOLS

- Vitamix with Small Carafe for Dessert Smoothies



KITCHEN TOOLS

Flexible Thai Knife

Lemon Squeezer / Lime Juicer / Citrus Press

Zester

Ceramic Vegetable Peeler

Vegetable and Grilling Basket advantage - wide and low.

Vegetable BBQ Basket advantage - deep.

8 Cup Measuring Glass Bowl with Spout

Mandoline Slicer - for small bits of raw veggies quickly/easily/fast cleanup.

Vegetable Spiral Slicer - for veggie noodles

The Inspiralizer - for veggie noodles (these are just 2 versions)

2 Tablespoon Measuring Spoon - This comes in SO handy. Honestly I use it almost more than any other measuring spoon for dessert smoothies and treats- I use 2-4 tbsp of many ingredients in these recipes and this really cuts down on my time getting the ingredients together.

Combo - 2 Tbs & 1 Tbs Measuring Spoon - Double duty goin' on.

Emulsion Blender Stick - GREAT for making cauliflower mashed "potatoes" (or should we say mashed fauxtatoes?) and other creamy/whipped veggies (I've done it with broccoli, garlic and olive oil, no joke-divine) for easy comfort food that's low carb. This is nice because much less clean up than breaking out the big 'ol food processor sometimes, especially for single or double servings.

Parchment Paper - this stuff is so great for way easier clean up while prepping and cooking. Things like having a sheet of it under you will you mix up raw meat with spices for meatballs or burger patties. Then just crumple it up and toss it. No washing!

Tiny saucepan, 1.5 cup - This is good for making the little smoothie toppings we make.

WHIPPED CREAM MAKER

20 Second Whipped Cream Maker - I use this to make my own whipped cream with erythritol! They say you can use it to make

coconut whipped cream as well. This is the maker itself, then you need the chargers (listed next) to make it. The way it's designed you literally just shake it a few times and you have instant whipped cream. No more time and elbow grease. I use this on my dessert smoothies all the time.

[N2O Cream Chargers, 24-Pack](#)

INSTANT POT

Check out my demo video in the cooking tutorials section to learn about this AH-MAZING appliance. We use it EVERY. SINGLE. DAY. Essentially what this is: a combo pressure cooker/slow cooker, which means that you can cook things super fast (ie frozen chicken in 20 minutes, no joke) AS WELL AS leaving it unmanned (because it automatically goes to a slow cooker setting after it's done cooking your food fast, so you don't have to worry about burning any pots (or houses down). You can leave the house anytime and know that your food (and house) will be intact when you get back. I have the 6 quart, but recently they came out with an 8 quart, and that's what I would personally get now - the space fills up fast when you're making stews and soups for a family.

[Instant Pot: 8 Qt](#)

[Instant Pot: 6Qt](#)

BLENDERS

Please see my demos of these blenders in the cooking section showing comparisons and how to make the best dessert smoothies from each of these blenders.

[Hamilton Beach Blender](#) - the inexpensive one shown in the video tutorial that has a mini-tamper for thick smoothies.

[Ninja Mega Kitchen System](#) - the mid-range cost blender that works pretty well for the thick dessert smoothies.

[Vitamix](#) - high end but king of all kings blender. :) This has been the reason I've been able to replace pretty much all desserts with something I still love and I've used it every day since 2011. Also, they have a payment plan now! The Vitamix makes the the dessert

smoothies super thick, creamy and smooth to the nth degree. Getting this kind of super thick creamy texture is really important for the smoothies to feel like a true dessert replacement.

[Vitamix - Small Carafe for Dessert Smoothies](#)

If you are just buying a vitamix, or already own one, I find that a smaller 32 oz carafe like this one (please note you have to get one that goes with the series you bought- this may not be it- but just to give you an example) works the best for single size serving smoothies. AND you have to buy the [mini-tamper](#) to go with it too:

ICE CUBE TRAYS

For all those dessert smoothies you're going to be eating from now on.

[Rubbermaid - White Ice Cube Tray](#) - The cheapos that work well - pack of 4 trays

[OXO Good Grips Covered Ice Cube Tray](#) - Slightly higher end trays with a cover/a little easier to remove long term

[Mumi&Bubi Solids Starter Kit](#) - Large Bulk Style Ice Cube Trays - (holds 21 icecubes instead of 14)



SWEETENERS

ERYTHRITOL BASED SWEETENERS

Swerve - mix of non-gmo Erythritol + Oligosaccharides

Swerve, Confectioners (powdered) - same (non gmo) - for use in frostings and such.

Natvia - mix of Erythritol + Stevia

Natvia (single packet form to keep in ur purse)

Pyure - mix of non-gmo Erythritol + Organic Stevia

Lakanto - mix of non-gmo Erythritol + Monkfruit

Pyure - mix of Erythritol + Stevia

STEVIA - POWDERED

Health Trim Mama - Rayzel's Favorite

Organic Stevia Select - No fillers, only organic stevia

Organic Stevia w/Inulin - has a slightly different caramel-y roasty flavor.

WHC 100% stevia, no other additive

Micro Ingredients USDA Organic Stevia

STEVIA - FLAVORED LIQUID

Sweetleaf 4 pack of Flavored Drops: Chocolate, Caramel, Coconut, Vanilla

This is a good price for what you get.

English Toffee Stevia

Chocolate Stevia

Hazelnut Flavored Stevia

Stur 5 pack of these flavors: Fruit Punch, Strawberry Watermelon, Blue & Blackberry, Orange Mango, Pomegranate Cranberry.

Stur 3 pack of these flavors: Original (coconut), Pineapple, and Lime flavors - Contains 3 different bottles of pure coconut water diluted with purified water and added to fruit and stevia extracts

MONK FRUIT

Pure Monk Fruit

FLAVORINGS

(these have FLAVOR but not sweetness. You would need to add a sugar free sweetener to these in your recipe).

Bakto brand - (this brand has TONS of flavors for use in professional baking and such - they are great in smoothies and alternative baked goods.

Butter flavor

H EALTHY FATS

Coconut oil

Pure Pork Lard - free range & pasture fed.

Avocado oil SPRAY - no weird additives even though it's a spray.

Beef Tallow - grass fed, kettle rendered & fine filtered.

Pure Pork Leaf Lard - free range & pasture fed.

MCT Oil

FatWorks - 100% grass fed, pasture raised beef tallow, pork lard & duck fat.

MAYONNAISE

Primal Kitchen Mayo - made with Avocado oil - no sugar



HOCOLATE, SUGAR-FREE

Quality sugar free chocolate brands are PRICEY. It's often best to look for these brands at your local health food store or whole foods first, taste them, and when you find one you love, you can drop your hard earned dollars on a box if you really need your chocolate around. Keep in mind, being chocolate, it's still high calorie - if you eat a whole bar every day, it's still probably going to cause weight problems (I know because I tried....bummer didn't work, even with my crossfit involved!) That said, Chocoperfection & Lily's are really SO good. Coco-Polo is not bad but would pick the other options first if I have a choice.

CHOCOPERFECTION - SWEETENED W/ ERYTHRITOL + CHICORY ROOT FIBER

This is my favorite brand. Ultra fine and creamy texture.

- ChocoPerfection 6-bar Variety

- Chocoperfection - 12 pack - dark chocolate

- Chocoperfection - 12 pack - milk chocolate

LILY'S BRAND - SWEETENED W/ ERYTHRITOL, STEVIA + INULIN

- Lily's Dark Chocolate Bar, Coconut

- Lily's Dark Chocolate Bar, Almond

- Lily's Dark Chocolate Bar, Original

- Lily's Creamy Milk

COCO-POLO - SWEETENED W/ ERYTHRITOL, STEVIA + INULIN

- Coco Polo, 70% Cocoa Pure Dark Chocolate,

- Coco-Polo Milk Chocolate Varieties



ALTERNATIVE BAKING INGREDIENTS

DRY INGREDIENTS to add flavor to baked goods and smoothies:

Vanilla Bean Powder - The real vanilla deal. This is WAY better than extract.

Dandyblend - This is super yummy in smoothies or just as a tea - no caffeine and has a lovely roasty flavor. I add erythritol and stevia to my smoothie or tea with this and can make an almost zero calorie smoothie this way!

ALMOND FLOUR

Bob's Red Mill Almond Flour

FLAXSEED MEAL

Bob's Red Mill Organic Flaxseed Meal

COCONUT FLOUR

Bob's Red Mill Organic Gluten Free Coconut Flour

NUTRITIONAL YEAST

Bragg's Organic Nutritional Yeast
Bob's Red Mill



PASTA REPLACEMENTS

SHIRATAKI NOODLES

Miracle Noodles - This is the brand that I currently eat and love.
Available noodle cuts: Angel Hair, Rice, Ziti, Fettucine, Spaghetti.

This brand would only be for Phase 4 as it does have some tapioca starch, a simple carb. Made mostly with almond flour, it's a great Phase 4 pasta option!

Cappellos Grain Free Gluten Free Fettuccine, 9 Ounce -- 6 per case.
Cappellos Grain Free Gluten Free Lasagna, 12 Ounce -- 6 per case.
Cappellos Grain Free Gluten Free Gnocchi, 12 Ounce -- 6 per case.



SAUCES

Bare Foods Sugar Free Super Low Calorie Sauces

COCONUT AMINOS

Bragg Aminos Coconut
Coconut Secret Coconut Aminos Sauce Organic 8 oz

SOY SAUCE, GLUTEN FREE

San-J Tamari Gluten Free Soy Sauce, Non GMO Black Label, 64 Ounce
Kikkoman Soy Sauce Gluten-Free 8.5 oz.
Wholly Ganjang, Gluten-Free Artisanal 3 Year Aged Soy Sauce (10.82 fl oz)

C COCONUT MILK

W/O GUAR GUM

Natural Value - Organic - Pack of 12 on Amazon prime for \$32.00 = \$2.60 per can, which is about the same or less than a can at the store.

S SUGAR-FREE BACON

US Wellness Meats Sugar Free Pork Bacon Slices (1.5 pounds)
Pederson

B BROTH

Bare Bones Broth
Kettle and Fire Bone Broth

S SPICES

If you don't already have a nice store of spices in your pantry, they can be pricey. This online source is MUCH more affordable when you need a batch of spices and also much FRESHER which means it actually add the ton of flavor it's supposed to, unlike most grocery store sources.

savoryspiceshop.com
Spices tutorial on p3tolife site



NUTS & SEEDS

PINE NUTS

- Trader Joe's Raw Pine Nuts
- Food To Live Organic Pine Nuts
- Kirkland Organic Pine Nuts

PUMPKIN SEEDS

- We Got Nuts Pumpkin Seeds Raw
- Food To Live Organic Pumpkin Seeds
- Sincerely Nuts Pumpkin Seeds

PECANS

- Anna and Sarah Shelled Georgia Pecans**- this brand is amazing! They are the freshest, crunchiest pecans I've ever had, and amazon buyers seem to agree.

WALNUTS

- Now Foods Certified Organic Walnuts
- Happy Belly California Walnuts, Halves and Pieces, 40 Ounce
- We Talk Nuts Walnuts
- Sunbest Walnuts

PISTACHIOS

- Kirkland In Shell Pistachios 3lbs
- Setton Farms Pistachios in Shell
- (Best Rated!) Wonderful brand No Shell Pistachios

ALMONDS

Organic Traditions Premium Raw Shelled, Almonds
Braga Organic Farms Almonds
We Talk Nuts Almonds

CASHEWS

Terrasoul Superfoods Organic Raw Whole Cashews
NOW Foods Raw Organic Cashews
Braga Organic Farms Cashews

GELATIN

ZINT Beef Gelatin from Grass Fed Cows, Non-GMO, Organic:
Great Lakes Gelatin - this one is flexible because it has been processed to dissolve in both hot and cold. Gelatin is a mix of beef/pork - supposedly the cows are grass fed, but the pigs are not - regardless of whether this product is truly mostly grassfed or not, some say the flavor/texture is better than the for sure grass fed ones, and in the end, I figure it's better to use something that's not all organic that you'll actually eat that's low carb than to pick up a batch of cookies from safeway