Good Gut Wanna-Haves

(These utensils will make your 5-Day Challenge sooo much easier ... the links are for easy ordering on Amazon)

Blender (for smoothies [a couple under $30])

3-4-cup containers (BPA-free ... for salads)

Small cups with lids (for dressings)

Steamer (easier in microwave)

Should-Haves

Plates, utensils, microwave, kitchen appliances

Calm place to eat

Heal Your Gut Menu (lots of ideas ...)