

What I Buy

This Pdf contains products I use daily, some of the links are referral links which I receive a small commission from.

Kitchen Equipment

- [Ninja Cooker 8 Quart](#)
- [Sou Vide](#)
- [Ninja Baking Accessories](#)
- [Meal Prep Containers](#)
- [Measuring Cup Set](#)
- [Oxo Food Scale](#)
- [Anova Vacuum Sealer](#)
- [Ice Cream Maker](#)
- [Ninja Blender Set](#)
- [French Fry Cutter](#)
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Food / Beverages

- Cashew Butter • •
- Monk Fruit Sweetener • •
- Dymatize Casein Powder • •
- Dymatize Whey Powder • •
- Pure Protein Bars • •
- Gaterade Zero Powder • •
- Pure Protein Protein Shake • •
- Fairlife High Protein Shake • •
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Equipment / Devices

- Weight Scale • •
- Apple Watch S 6 • •
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Supplements

- Omega 3 Fish Oil • •
- Vitamin D 3 • •
- Creatine Monohydrate • •
- Glycine • •
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Before taking any supplement consult with your Doctor first .

Coaching

Interested in achieving your weight loss and health related goals, I am here to help. Currently (1-18-21) I have a limited amount of coaching slots available. If you want to see if we would make a good team start by booking a [free consultation](#).

Connect with me on my various social media platforms for content related to health, dieting, and meal prep.



**BUBBIE WAS
CHUBBIE**

