



# Your Ultimate 2022 Holiday Gift Guide

My picks for holiday gifts that  
support optimal health



# Introduction

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## Hi, I'm Victoria Goodman Registered Dietitian

The holiday season is a time for giving. There is no better way to show your loved ones that you care than by giving them healthy holiday gifts that will support their well-being!

In this gift guide, I share with you my top picks. I only recommend products from brands that I truly believe in and have used myself so you can have confidence that these recommendations have been tested by me.

Feel free to reach out to me using my contact information below if you have questions about these products and how they can support you in achieving your health goals. I'm here to help!

### DISCLAIMERS:

Certain products may not be right for everyone and their individual needs. As always, consult with your practitioner before making any changes to your dietary or supplement regimen.

Some of the products in this ebook have affiliate links. This means that when you buy something through a link, I might receive a small commission.

See you in the kitchen!

*Victoria*



A decorative background on the left side of the page. It features a light beige textured background with several yellow five-pointed stars of varying sizes scattered across it. In the bottom left corner, there is a close-up of a gift box wrapped in light brown paper, tied with a red and white striped ribbon in a bow.

# What's Inside

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**Kitchen Tools**

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**Food & Beverages**



# Kitchen Tools

[www.goodmannutrition.com](http://www.goodmannutrition.com)



## WÜSTHOF Classic 3-Piece Chef's Knife Set

I use these three knives daily in my kitchen! They are easy to sharpen and clean and making meal prep a breeze.

- A chef's knife (sometimes called a cook's knife) is the most important knife to have in your kitchen – it is used for 90% of the cutting in your kitchen.
- It has a wide blade between six and ten inches long and is used primarily for chopping, though it can be used for anything you want to do.
- The blade of a classic, French-style chef's knife curves upward toward the tip.

Cost: ~\$325 for the set



## Wusthof Gourmet Santoku Knife, 7 Inch

This knife is a workhorse in the kitchen! Its thin blade and balance are excellent for volume meal preparation.

- A Japanese-style Santoku knife can be used in place of a French-style chef's knife; it's usually shorter and has a "sheep's foot" tip, meaning the top of the tip curves downward.
  - European manufacturers of Santoku knives add a Granton or kullenschiff edge, a row of hollow-ground pockets that prevent food from sticking to the knife's surface.

Cost: ~ \$170





## Microplane Master Series Wood Handle Stainless Steel Zester Grater

Adding a finely grated citrus zest is a great way to elevate the flavor of any dish. You can also use a Microplane like this for grating ginger, turmeric, garlic, dark chocolate, and hard cheeses.

Cost: ~ \$29.99

## Thereye Milk Frother, Electric Milk Steamer

This is the best frother I have used in my kitchen! It turns cold and warm liquids into a creamy addition for your favorite hot beverages. Bonus: it's super easy to clean.

Cost: ~ \$39.99



## Aroma Housewares Digital Cool- Touch Rice Grain Cooker and Food Steamer

The ultimate set-it-and-forget-it kitchen tool! I use this at least 3x per week to make a variety of grains including rice, quinoa, barley, and oats. Once the grain is cooked, it is kept warm until you are ready to serve.

Cost: ~ \$29.98





## Almond Cow Milk Maker Machine, Plant Based Milk Maker

Have a plant-based eater in your family? This is an indulgence for sure which is why it ended up on this list. Sure, you can make plant-based milks with other equipment but none delivers consistently frothy concoctions like this easy to use and clean device

Cost:- 109.99



## 3 Sets Glass Jars with Bamboo Airtight Lid and Bamboo Spoons



Keep your healthy add-ins handy on your kitchen counter with these cute glass-and-bamboo containers that are both functional and gorgeous. Bamboo teaspoons make it easy to add chia seeds, hemp seeds, sunflower seeds, crushed red pepper, nutritional yeast, and other nutrient-dense toppers to your meals.

Cost: ~\$22.99

## Vitamix Blender

Want to create restaurant-worthy soups and the smoothest beverages ever? Then this is the ultimate indulgence. Use code **VITA@CORP22\$** before the end of the year and receive 15% OFF + FREE SHIPPING on orders of \$100+ [new products included]/30- day money-back guarantee.

Cost: \$149.95-\$814.95 for a product bundle

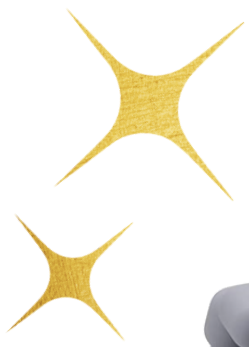


A hand is shown holding a purple dumbbell. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall image has a muted, naturalistic color palette.

# Lifestyle Tools

[www.goodmannutrition.com](http://www.goodmannutrition.com)





### Bala Bangles 1 Pound

Add some resistance to your workouts or walks with these über-comfortable wrist weights. Fully adjustable.

Cost: ~ \$39.99

### Hyperwear Hyper Vest PRO Weighted Vest

If your looking to take your training to the next level, this weighted vest is ideal. It's as comfortable for a gym workout as it is for a long walk. Adding weights regularly to your workout supports bone density.

Cost: From \$180



### Owala FreeSip Insulated Stainless Steel Water Bottle with Straw for Sports and Travel, BPA-Free, 32-Ounce

This is my FAVORITE water bottle. The built-in straw is a game-changer and the size is perfect. It comes in so many pretty colors and is very durable. We have recycled all other water bottles in our home and replaced them with this one. Everyone has a different color!

Cost: ~ \$37.99

## Oura Ring Gen3

Oura is a sleep tracker and much more. It also tracks your heart rate, activity levels, and training frequency. Oura considers over 20 different body signals — including temperature, heart rate, HRV, and sleep — to let you know how ready you are for the day.

Cost: \$399-\$449



## Yogasleep Dohm Classic The Original White Noise Machine

I have been using this device for years to help me get to sleep and stay asleep despite various noises in my home. With two-speed options for adjustable tone and volume, Dohm makes it simple to create a personalized sound environment, excellently masking background noise and allowing for better sleep.

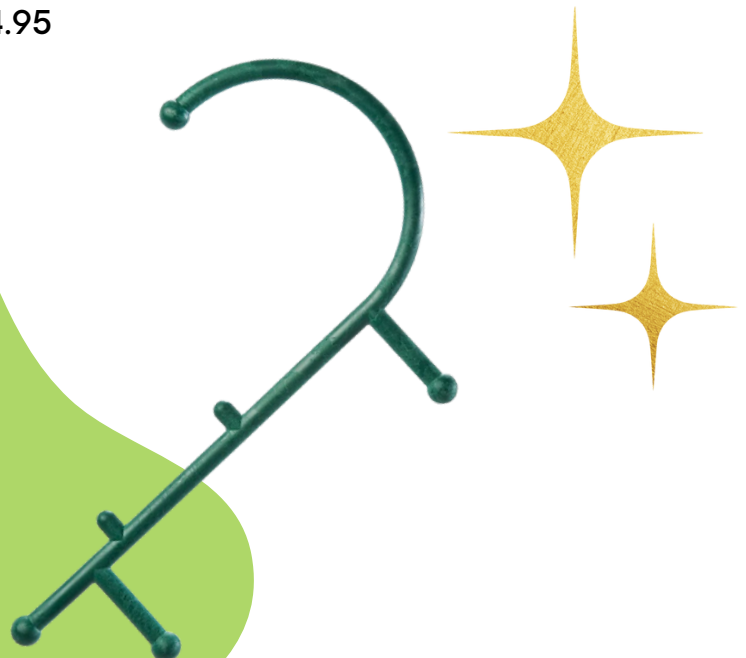
Cost: ~\$44.95



## Thera Cane Massager

I received this as a holiday gift ten years ago and I still use it regularly to ease aches and pains, work out knots, and apply pressure to sore muscles.

Cost: ~\$39.95





A background image showing a glass jar with a metal clasp lid, lying on its side. The jar is filled with golden-brown granola, and some granola has spilled out onto a light-colored surface in front of the jar. The entire image is overlaid with a semi-transparent dark grey filter.

# Food & Beverage

[www.goodmannutrition.com](http://www.goodmannutrition.com)



## Purity Coffee

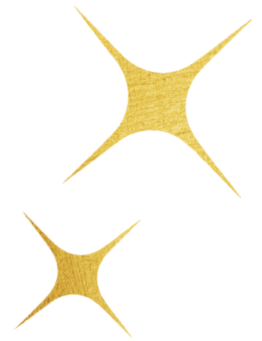
This is for the coffee lover on your gift list. Purity standards are grouped into five categories: Farming, Processing, Roasting, Packaging, and Sustainability. With several varieties and forms to select from, there is sure to be a roast for your special someone.

**Cost: From \$24.00**

## TÖST All-Natural Alcohol Free Sparkling Beverage

Hands-down one of the most delicious non-alcoholic beverages on the market. Perfect for anyone on your list who likes to celebrate without the alcohol. Tost can be found at some grocery stores.

**Cost: ~ \$33.99 for a three-pack**



## Texas Olive Oil

Olive oil from Texas? You betcha. I have bottles of this olive in my pantry at all times! There are many varieties - I suggest you try a sample pack to pick your favorite. Delicious. Affordable. Local.

**Cost: ~ \$18.99**



## Noble Bourbon Barrel Matured Maple Syrup

This handcrafted maple syrup is just so yummy! The maple syrup is curated from sugar shacks in Québec and blended with a hint of bourbon for a rich, unique flavor. The beautiful packaging makes this gift even more special.

Cost: From \$39



## Big Spoon Roasters Nut Butter Blends

If you have a peanut butter lover on your list then this will bring smiles when opened. Big Spoon Roasters offers a wide variety of flavored nut butters that are intense and unique. Chai Spice is my favorite but my family also enjoys the Pistachio Crunch and Tigerwalk Espresso.

Cost: From \$17



## Truff Hot Sauce

For those who like it spicy, this is a winner. Truff combines its unique black truffle flavor with hot sauce to deliver a unique gustatory experience. Comes in hot and hotter.

Cost: ~\$26.96 for a two pack





## Diaspora Co.

Single-origin spices that will rock your pantry shelves [and recipes]! Diaspora sources 30 single-origin spices from 150 farms across India and Sri Lanka.

**Cost: from \$8.00**

## Bees Knees Honey

Made in Brooklyn, this honey is so unique. Meyer lemon is a top seller but explore the many varieties from regular and salted to spicy. Perfect for hot beverage lovers and cooks.

**Cost: From \$11.99**



## Seedlip Non-Alcoholic Spirits

This is the place to start for non-alcoholic spirits. The category has grown significantly over the past few years, but Seedlip was one the first non-alcoholic spirit on the market. Widely respected for its bright herbal blends that give conventional alcohols a run for their money.

**Cost: From \$31.99**

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learning more?

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Connect*



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