



Transform Your Kitchen

HOW TO SET UP A PLANT-BASED KITCHEN

WWW.VEGANVICKI.COM
VEGANVICKICLE@GMAIL.COM

TABLE OF CONTENTS

Knowing the Difference What's In Your Kitchen? How To Shop Kitchen Staples



KNOWING THE DIFFERENCE

The best way to start this off is knowing the difference and knowing where to start. Veganism, what is it? Having a vegan diet is removing all animal and animal by-products from your daily routines of food and eating.

KNOWING THE DIFFERENCE

PLANT-BASED VS. VEGAN

Though the difference is small between the two, it does make a big impact. People use the terms interchangeably, but it's not the same. Plant-based in simple terms means your diet is solely or primarily made up of plant foods excluding processed packaged foods (i.e., hot dogs, sausages, bacon). Plant-based consists of fruits, vegetables, nuts, legumes, beans, leafy greens and more. Vegan diet includes all things in plant-based and processed packaged foods.

WHAT'S IN YOUR KITCHEN?

The best thing to do when starting out is to take an inventory of what you already have in your kitchen. Get rid or giveaway the things you will no longer be needing or eating and make a list of the things you will need to incorporate. The best thing to do when changing is starting off with buying canned goods. When buying fresh fruits and vegetables, only buy what you will use in a week. The biggest mistake I have seen with newcomers is buying too much fresh produce and wasting it.



HOW TO SHOP

You might be thinking, I already know how to shop. I don't need this section, but did you know that grocery stores have a strategic formula on how they stock groceries and product placement? Its not a coincidence that right next to the registers are chips, candy, and gum. Picture it, you're in the grocery store for a few items, you grab them, then you head to a register. There's only 2 lines open and 5 to 6 people in both lines with carts full of groceries and the self checkouts are closed.

HOW TO SHOP

You're not in a hurry, but you are wondering why they don't have any other lines open. So, you start looking at your phone, you move up a little, look at the magazines for a minute or two, then move up. By this time minutes have gone by and your growing more impatient, then you see the candy bars and what do most people do, we stress eat. I don't know about you but when I stress out I don't crave broccoli. So what do you do, you grab that high fat, animal product filled candy bar. Yes, its that simple and yes, you are probably reading this and thinking... OMG, I've done that.

HOW TO SHOP

The smartest way to shop is to make your list ahead of time and shop with intent. Stay on the outside perimeter of the grocery store where the fresh fruit and vegetables are. Only hit the aisles where the canned goods are to resist impulse buys in areas you are trying to avoid. Once you are more comfortable and confident on mastering the art of vegan/plant-based shopping, you will be in and out with just what you need.

KITCHEN STAPLES

legumes and beans
spices and herbs
everything else

LEGUMES & BEANS

If you've never had it, try it out first before you dismiss them. These are merely suggestions.

- lentils (red, green)
- black beans
- kidney beans
- black eye peas
- cannellini beans
- chickpeas
- edamame
- green beans
- soybeans
- pinto beans
- navy beans

SPICES & HERBS

You can ever go wrong here. Its all about what you like. These are merely suggestions.

- pink himalayan salt
- black pepper
- garlic and onion powder
- chili powder
- cumin
- cayenne pepper
- basil
- italian seasoning
- oregano
- pasley
- paprika (smoked and fancy)
- turmeric

EVERYTHING ELSE

Other items that should be staples.

- whole wheat or gluten free pasta
- brown rice
- tofu
- tempeh
- jackfruit (canned in water or brine)
- frozen and canned vegetables
- frozen and fresh fruits
- soy, almond, or oat milks
- leafy greens
- nut butters or seed butters
- plant based margarine or butter

