

5 Steps Simple Guide

Cleaning out your kitchen is a huge and important step in going vegan. It helps to clear clutter, get rid of foods you don't intend to eat anymore, and make space for what you do want. Here's how:

1. Do you share a kitchen with a non-vegan?

Be sure to get clear on how you will share space to establish clear boundaries, and create harmony.

2. Clean out clutter and old food stuff.

Now this takes courage for many of us. So pluck up your might, take the garbage can, or give-away box, and be ruthless. Yes, downright brave - and proceed to throw or give away foods that contain: animal products, white sugar/bread/pasta, etc. Get rid of old jarred stuff sitting in the fridge for some time, and anything else that you don't want to eat anymore. Out of sight, out of mind. Now do the same with old dishes, pots and pans, appliances, and things you don't use, or won't be using. Get rid of whatever you won't be using in your kitchen being vegan. Yes, it's a big step, and can set the course to fulfill why you're going vegan (pause here, and remind yourself!).

3. Clean your fridge, cabinets, etc...

get everything nice and clean, and ready for restocking foods for your new way of eating!

4. Make a list of the tools or appliances you need

(use the worksheet in this lesson). If you can only start with 4 appliances, here's our recommendation (see equipment list in this lesson):

- water filter
- ozone 3 machine
- blender
- juicer

5. Restock

with whole-foods, vegan food, and the appliances and tools you need.

Use the worksheet in this lesson to help you take action on these steps!

Kitchen Clean Out & Set-Up



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Food Restock Checklist

Equipment List Worksheet