

My Kitchen Plan Guide



Use this worksheet to figure out how you will:

- clean out and set up your kitchen
- order equipment and supplies
- navigate a shared kitchen

1. What do I need to get rid of? Suggestion: let go of everything you don't use from equipment, to dishes, to old food... let go and make space for your new of eating!

2. What would I like to stock my kitchen with?

Appliances and tools (see Kitchen Equipment list for inspiration):

Food:

3. If you share kitchen space with a non-vegan, how will you harmoniously share fridge and cabinet space?

4. Other kitchen notes: