



30 DAY VEGAN **JUMPSTART**

An Easy-to-follow guide to kickstart your vegan cooking journey



www.plantbasedcookbook.com



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30 DAY VEGAN

JUMPSTART

30-Day Vegan Jumpstart

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INTRODUCTION

First and foremost, I want to extend a heartfelt thank you for choosing “The Complete Plant-Based Cookbook.”

Your support means the world to us, and we’re excited to have you join our vibrant community of plant-based enthusiasts.

By now, you’ve probably had a chance to explore the mouthwatering recipes in our cookbook. Whether you’re new to plant-based eating or a seasoned pro, we hope you’ve found inspiration in our culinary creations. Your journey to a healthier, more compassionate, and sustainable lifestyle has already begun, and we’re here to support you every step of the way.

If you’ve picked up this 30-Day Vegan Jumpstart Guide, you’re about to embark on an incredible adventure. This guide is your roadmap to a vibrant, plant-powered life, designed to complement and enhance your experience with “The Complete Plant-Based Cookbook.” This guide also provides a 30-day Meal Plan to prepare delicious, nutritious vegan meals.

So, what can you expect to discover within these pages?

Let’s dive in!

SO, WHAT DOES IT MEAN TO BE VEGAN. ANYWAY?

Vegan is a subset of vegetarianism. There are several different types. Some vegetarians still drink milk and/or eat eggs. Not vegans. They are the strictest form and don’t make allowance for ANY animal products in their diet.

It is by far the most challenging form because people take a lot of things for granted. Eggs and milk, for example, are common baking ingredients. So, substitutions need to be made if a vegan is going to be able to eat baked goods.





WHAT THIS BOOK WILL DO FOR YOU?

There's no doubt that a vegan diet is great for your health. However, with the popularity of health food stores due to the fact that many are looking to improve their health, it's easier than ever to enjoy a satisfying vegan diet. This eBook will teach you how to do that.

- The basics on how to cook vegan food the right way.
- An overview of typical ingredients used in vegan cooking.
- A list of hidden ingredients to avoid while eating a vegan diet.
- Also includes information on how to stock a complete vegan pantry so you can prepare vegan dishes everyday without a hassle.
- Will cover basic cooking techniques needed to create a variety of satisfying meals.
- How to put together a complete vegan meal while getting the right balance vitamins, minerals, and nutrients for your body.
- What to do if you have special nutritional needs such as those who have diabetes or high cholesterol.

As you can see, there's a lot of information to take in on how to enjoy a vegan diet. This eBook is designed to teach you everything you need to know.





FINDING YOUR REASON TO GO VEGAN

Why are you doing this jumpstart? Pause and think about why you got this book. Knowing your 'why' is important.

I hope your 'why' sounds something like this: 'I want to explore a diet that doesn't harm animals.' But I hope it doesn't sound like this: 'My coworker is vegan, super slim, and I want to shed some pounds and get clearer skin.'

Sure, you might shed some pounds during your vegan jumpstart. You might experience mental clarity, improved skin, and increased energy, depending on your current diet.



These are fantastic side effects of a vegan lifestyle, but they might not be enough to keep you happy through a 30-day jumpstart. Trust me; I've tried countless restrictive diets—Atkins, South Beach, Weight Watchers—all focused on weight loss. You probably know these diets often lead to a yo-yo effect because weight loss alone isn't sufficient motivation for most people to make such drastic lifestyle changes.

In my experience, the most successful path to transitioning to a vegan diet is having a deep, unwavering conviction about the harm caused to animals through food choices. Even then, this conviction will be tested, as we're socially conditioned to eat meat.

You need a moral imperative to drive change in your eating habits, believing that there's no need for your choices to cause harm when there's a world of delicious vegan food available. You must be committed to radically altering your eating patterns to minimize harm to animals and the planet.

If this sounds like you, you're on the right track for your jumpstart. Your sense of right and wrong will help you make choices, rather than just following your taste buds, which can sometimes tempt you when you smell your favorite animal-based foods.

It's okay if you're not fully into animal welfare just yet; everyone has their own reasons for going vegan. However, I encourage you to take some time during the next thirty days to think about what animals go through to become our food. Some of the things we consider normal can actually be quite harsh and cause a lot of suffering to our furry friends.



Right now, take a moment to create some affirmations that can serve as your anchor during the next 30 days.

Here are a few to kickstart your list:

- 🌱 I trust my ability to make significant life changes.
- 🌱 I'm persistent when it comes to things that matter.
- 🌱 My journey has led me to this jumpstart.
- 🌱 I have evidence that I can overcome challenging situations in life



While it might seem a bit cheesy, taking these affirmations seriously will prove invaluable during your vegan journey. Print them and place them where you'll see them daily—your bathroom mirror, coffee machine, or bedside table.

Be kind to yourself during these 30 days. Celebrate your successes, no matter how small. Don't be too hard on yourself if you have cravings or slip up – it's normal. Just try again with a vegan option next time.

If you find the jumpstart too challenging and don't complete it, that's okay too. Your vegan journey is unique, so give yourself the flexibility to find what works for you.

Remember, your compassion for animals brought you here, and that's something to be proud of. If you can extend that compassion to yourself, you'll find more success on your vegan journey.



WHAT TO EXPECT WHEN YOU MAKE THE SWITCH

When you make the switch to a vegan diet can bring some changes to the table. Your body needs a little time to adapt, but that's a good thing! Going completely animal-free is a fantastic health choice.

Shifting towards more plant-based foods has tons of benefits, from boosting your overall health to balancing your moods, refining your taste buds to crave healthier options, and lowering your risk of common diseases.

But, let's keep it real, transitioning to a vegan diet isn't always a walk in the park, despite all the health perks.



During this transition, many people go through a detox phase. No, it's not the juice cleanse type, but a real shift as you say goodbye to eating meat, dairy, egg, and poultry habits and welcome new foods.

During this phase, you might experience a few headaches, some changes in digestion, and even a little nostalgia for your old eating habits.

So, during your 30-day vegan jumpstart, pay attention to what's happening in your body and be mindful of your needs. Get plenty of rest, drink loads of water, and remember, you're doing something great for yourself and the planet!"



HOW TO DEAL WITH DIFFICULT EMOTIONS



Starting a vegan lifestyle can stir up a bunch of feelings in the first few days – from excitement to sadness and even guilt.

A lot of folks have deep emotional connections with certain foods, often because of fond memories.

But you can handle these emotions and make the switch easier by following these steps:

Dealing with Emotional Challenges:

Acknowledge Your Feelings: Recognize that it's normal to feel a range of emotions during the transition.

Separate Food from Memory: Understand that your attachment is not to the food itself but to the memories and emotions tied to it.

Embrace Change: Know that your body's hormones will adjust as you switch to a vegan diet, and this can affect your emotions. This change is part of the process.

Coping with Emotional Pain:

Find Vegan Alternatives: Discover delicious vegan replacements for your favorite dishes to ease the emotional transition.

Seek Support: Connect with like-minded individuals or vegan communities for advice and encouragement.

Reflect on Your Reasons: Remind yourself of the ethical, environmental, or health reasons that motivated your transition.

Handling Emotional Pain:



Handling Emotional Pain:

Practice Self-Compassion: Be kind to yourself during this change and understand that it's a journey.

Meditate and Relax: Techniques like meditation can help you manage stress and emotional discomfort.

Stay Informed: Educate yourself about the benefits of a vegan lifestyle to reinforce your commitment.

Celebrate Small Wins: Recognize and reward yourself for each milestone you achieve on your vegan journey."

By implementing these steps, you can better handle the emotional challenges that may arise during your transition to a vegan lifestyle.



HOW TO DEAL WITH BODILY CHANGES

As your body cleanses itself from many sources of harmful animal protein stored in your cells, keep in mind that your liver, digestive system, kidneys, and lymph system are in major “cleaning house” mode.

Be aware of this and know that because they’re sweeping all that out without you eating any more of those foods to slow the detox down, you’ll likely be a little (or a lot) more tired than usual, may experience increased bathroom time (which is a good thing!), and may even have headaches. It feels a little like the flu and can be exhausting in the beginning if your diet was especially toxic before.

These are all signs your body is cleaning itself; be patient and wait things out, they do get better!

Be sure you eat a very clean diet with very little processed foods during this time if possible. This will better allow your body to do its job so you can feel your best much more quickly. Remember, the cleaner the food you give your body, the better it can use food to detoxify and supply you with nutrients for fuel.

Greens, fruits, vegetables, raw nuts and seeds and their milks and butters, complex carbs from gluten-free grains and root vegetables, beans, legumes, along with healthy fats like olives, coconut, nuts, and avocado are all great choices. Be sure you take in adequate protein from seeds, greens, many grains, and keep in mind that all greens and vegetables have protein too.

See some digestion troubleshooting tips here if you have some especially uncomfortable issues going on.





HEALTH BENEFITS OF A VEGAN DIET

🌿 **Better Mood:**

Research is suggesting they are happier than meat eaters.

🌿 **Disease Fighting:**

When done right the diet is naturally low in fat and cholesterol, and has been shown to reduce heart disease risk. Epidemiological data has shown vegetarians suffer less from diseases caused by modern western diet (coronary heart disease, hypertension, obesity, type 2 diabetes and cancers).

This must be attributed to a higher intake of fiber, phytonutrients and Antioxidants.

🌿 **Lean Figure:**

Vegans typically weigh less as a result from a diet that has fewer calories in the form of grains, legumes, nuts, seeds, fruits and vegetables.

🌿 **Less Toxicity:**

Plant sources are safer than animal foods. Particularly when consuming organic fruits and vegetables.

Food borne illnesses, antibiotics, bacteria, parasites and chemical toxins are more common in commercial meat, poultry and seafood when compared to plant foods.

🌿 **Saving the Planet:**

Plant based diet is better for the planet as it requires less energy and farm land to feed a vegetarian.

🌿 **Sight:**

Vegans tend to have better sight.

🌿 **Money Saving:**

Plant foods tend to be less expensive except for a few delicacies.

🌿 **Better Athletic Performances:**

A high carb/low fat and vitamin and mineral rich vegetarian diet may be the optimal for sport performance.

🌿 **Supporting Animal Rights:**

Animal welfare is improved.

🌿 **Longevity:**

Vegans have been found to enjoy longer and healthier lives when compared to meat eaters



THE BASICS

Alright, we've completed the introspective part. We've looked into our emotions and embraced self-compassion without limits. Now, let's transition to the practical part, where we'll prepare for the essential aspects of the jumpstart.

This section gives you the basics of what you need to know about veganism. It also tells you how to answer the peskiest questions you're going to get throughout the next 30 days. Let's dive in, shall we?



NUTRITION

First things first, I'm not a doctor, so let's get that straight. Before starting this jumpstart or any dietary change, consult with a healthcare professional. It's crucial to have your health checked and discuss any necessary supplements for your specific needs.

Going vegan can be healthy, but it requires some extra attention to ensure you're getting the right nutrients.

Speaking from personal experience, I discovered I had a Vitamin D deficiency and slight anemia, likely from my time as a vegetarian. So, I've added supplements to my routine and feel better.

While it's possible to obtain certain nutrients from a vegan diet, consider high-quality vegan supplements to ensure you're covered.

VITAMIN B12



You absolutely need B12 for your health, and getting it on a vegan diet requires supplements or fortified foods. Unlike animal meat, which provides B12 for most people, vegans must be proactive. Without enough B12, you risk anemia and nerve damage. Consult your doctor for the right amount, but around 10 micrograms a day seems to be a common recommendation. Most daily vitamins cover your B12 needs. Plant-based milks are often fortified with vitamin B12 and other B vitamins.

OMEGA-3 & 6 FATS



Make sure you get enough omega-3 and omega-6 fats is important for vegans. Chia seeds and flax seeds are excellent sources, and you can also find vegan supplements made from seaweed if you prefer.

IRON



Getting enough iron as a vegan can be a concern for some people. If you've noticed low iron levels or are thinking about donating blood, it's essential to ensure you're meeting your iron needs. One way to do this is by focusing on iron-rich foods in your diet. Additionally, you might want to consider iron supplements like MegaFood Blood Builders, which could help maintain healthy iron levels over time.

VITAMIN D



From what I've learned, pretty much everyone struggles with getting enough Vitamin D. It's common to be Vitamin D deficient, especially these days since we're mostly sitting inside staring at screens instead of being outdoors. Find a supplement for Vitamin D to cover your bases.

OTHER VITAMINS



You also need to be careful about Calcium, Iodine, Selenium, Vitamin K and Zinc. See why you need to talk to your doc before doing this? It's no joke..



PROTEIN

When you go vegan, everyone's curious about your protein intake. They mean well, but here's the scoop: you need about 0.37 grams of protein per pound of body weight.

Don't worry; plant-based protein is easy to come by.

Think beans, nuts, and peanut butter – they've got you covered soy products that are out there:

So, when someone asks about your protein, just smile and say, 'I get mine from plants!' You won't be short on protein, especially if you try the recipes in the complete plant-based cookbook. And if you want to be extra sure, track your intake for a day or two at the beginning of your vegan journey.



HOW TO HOLD YOURSELF ACCOUNTABLE

Here's a valuable tip to enhance your 30-day vegan jumpstart experience – leverage the power of social media. Trust me; it can make a world of difference!

Here's the strategy: Make a commitment to share daily updates about your vegan journey on your preferred social platform.

Here's the strategy: Make a commitment to share daily updates about your vegan journey on your preferred social platform, such as Facebook.

If you're not sure where to start, a quick online search for 'vegan support groups on Facebook' will reveal a wealth of options.

From there you will find groups like "Vegan Outreach" or 'Vegans Unite' or explore vegan forums like 'Vegan Bodybuilding Forum' or 'VeggieBoards'.

These communities are filled with like-minded individuals who can offer guidance, encouragement, and valuable insights as you embark on your 30-day vegan journey.

Remember to be transparent about your experiences, from battling cravings to mastering meal prep. Your online community will provide the motivation and encouragement you need, especially during challenging moments.

Now, let's talk about accountability. Just like how work responsibilities drive your performance, external motivation can be a game-changer. I've been in your shoes and can attest to the transformative power of accountability. Consider seeking external support for your jumpstart—it's a worthwhile investment.

Without delay, take out your smartphone and make the announcement: you're embarking on a 30-day vegan journey! Choose a start date, commit to daily updates, and witness the encouragement pouring in from your online community.





VEGAN GUIDE TO EATING OUT

"Alright, let's get real for a moment. Eating out as a vegan can sometimes be a bit of a challenge, especially if you're not in a big city filled with vegan options. But don't stress, it's totally doable.

If you can, I'd recommend cooking at home as much as possible during your jumpstart. You're making a big change to your diet, and it's easier to do it without tempting non-vegan options around. Eating out can put your willpower to the test, so less temptation is a plus.

But I get it, sometimes you have to dine out. No worries, you've got this! Here are some tips and tricks that have helped me along the way:

Ask for Help: Take a look at the menu before heading to the restaurant. If there's nothing clearly vegan, don't be afraid to ask the waiter if they can make a dish without meat, dairy, and eggs. Just be polite about it, not everyone knows what "vegan" means.

Get Smart with Your Smartphone: Unsure if something's vegan? Whip out your trusty smartphone and do a quick Google search. You'll become a vegan detective in no time. There's also a handy app called 'Happy Cow' that can help you find vegan-friendly restaurants nearby.

Say No to Sad Salads: Avoid the boring salads. They won't satisfy your taste buds or keep you full. Instead, look for heartier options like roasted vegetables, baked potatoes, pasta with olive oil and veggies, or marinara sauce. Anything is better than a sad salad!

Go International: Many cuisines rely less on meat and have vegan-friendly options. Try Japanese for vegetable tempura and sushi rolls, Vietnamese for veggie pho, Mexican for beans, rice, and guac, Thai for curry and noodles, Indian for flavorful dishes, Chinese for tofu and veggie options, and Ethiopian for a variety of vegan choices.

Remember, it's all about progress, not perfection. Enjoy your journey into vegan dining!"

And here's some more popular vegan forums and groups for support:

r/vegan on Reddit

Vegan Forum

HappyCow Community

These communities are filled with helpful folks who can share more tips and recommendations for dining out as a vegan.



BUDGETING OUT

Okay, let's chat about something important - the myth that going vegan breaks the bank. I'm here to tell you it's just that - a myth. In fact, I've found that my food budget has actually gone down since embracing a vegan lifestyle. You might be wondering how, right? Well, it's all about what you choose to put on your plate.

The basics of a vegan diet, like beans, rice, veggies, lentils, bread, and fruits, tend to be pretty budget-friendly, especially when you opt for what's in season. I used to spend a good chunk of my money on fancy cuts of meat and artisanal cheeses. But since going vegan, those pricey items are no longer on my shopping list.

Now, here's the deal: if you load up on vegan cheeses and meat substitutes for every meal, your wallet might feel the pinch. These specialty items can be a bit more expensive because they're not produced on the same massive scale as factory-farmed products. But don't worry, you don't need to go overboard.

I believe in supporting vegan brands and products, but you can keep your explorations in check. Try out a new vegan product or two each week, and you'll still stay within budget. Stick to the 'normal' foods when you hit the grocery store, and you might just notice some savings at the checkout."

Remember, it's all about making choices that work for your wallet and your taste buds.



WEIGHT LOSS

Let's talk about something that many people connect with going vegan - losing weight. When you go vegan, you often end up eating fewer calories, which can help you shed some pounds if that's your goal.

So, here's the deal: Going vegan often means eating fewer calories than when you ate animal products.

Plus, plant foods are generally lower in bad fats and packed with fiber, which can help with weight loss.

But, here's the catch - losing weight isn't guaranteed for everyone. Different bodies work differently. If you're looking to drop some pounds on a vegan diet, here are some tips:

Choose Whole Foods: Opt for natural plant foods like fruits, veggies, beans, and whole grains. They're not just good for you; they also help you feel full.

Stay Active: Don't forget to move your body. Exercise is a key part of maintaining a healthy weight and feeling great.

Eat Mindfully: Pay attention to when you're hungry and when you're full. It helps you avoid overeating.

Never Skip Meals: Missing meals can slow down your body's calorie-burning engine. Stick to regular meals and snacks.

Stay Hydrated: Sometimes, you're just thirsty, not hungry. Drinking water throughout the day can help control your hunger.

Watch Portions: Be mindful of portion sizes, especially with calorie-dense foods like nuts.

Remember, the main thing is to enjoy your vegan journey and feel awesome. Whether you want to drop some weight or just maintain your current weight, savor all the delicious vegan foods and aim for a balanced diet."



GETTING SUPPORT FROM FRIENDS & FAMILY

Before starting your 30-day vegan journey, consider having open conversations with your loved ones and colleagues.

Share your reasons for trying veganism, like personal convictions about animals and the environment, and emphasize that it's a personal choice, not a judgment on their choices.

When you approach it this way, people are often supportive. They might be open to trying vegan recipes, accommodating your dietary preferences at gatherings, or simply respecting your choices.

However, avoid coming across as judgmental or self-righteous. Focus on being a positive and enthusiastic example of your journey, and let people approach you with questions.

Encourage positive conversations and help break the stereotype that vegans always talk about their diet.

If some people aren't supportive, that's okay. Your body, your choices. Stay focused on your path and don't let negativity affect you.

It's essential to maintain a positive attitude and avoid trying to convince others. Just let them know you're on your own journey, doing what feels right for you.



HANDLING SOCIAL EVENTS AS A VEGAN

Living in a non-vegan world means that most social events revolve around non-vegan food and drinks. While alternative diets are gaining popularity, finding naturally vegan options at such events is still quite rare. To handle this, you'll often need to request modifications.

For instance, when I have a work or formal event coming up, I proactively reach out to the host. I make it a friendly request, offering to bring my own food if providing a vegan option is difficult. Sometimes, I even offer to contact the restaurant or caterer myself to make arrangements. This approach usually works like a charm for work or formal gatherings.

However, there are times when they can't provide a vegan option. In those situations, you might have to decide between eating non-vegan, snacking on your own vegan stash, or eating before or after the event. Remember, it's just food, and while it can be frustrating, it's not worth feeling stressed or hungry over. If you choose to eat non-vegan temporarily, don't let anyone's judgment get to you. Respond with humor and move on.

When a friend hosts an event, I inform them about my vegan choice and offer to bring a vegan dish to share. They usually appreciate the gesture, and it takes the pressure off them to prepare a separate vegan option. Plus, I get to introduce everyone to delicious vegan food.

In a non-vegan world, flexibility, communication, and a sense of humor go a long way in navigating social events while staying true to your vegan goals.



MEAL PREPARATION

One of the key secrets to thriving as a vegan is mastering the art of meal planning and prepping. If you're not already a meal prepper, it's time to embrace this fantastic habit.

Dedicate a couple of hours on a Sunday to whip up some delicious dishes that will carry you through the week. Imagine the joy of coming home on a busy Monday, knowing you don't have to worry about cooking – it's pure bliss.

I've got your back with a detailed meal plan for all four weeks of the jumpstart. You can follow it like a roadmap, making your vegan journey a breeze.

Following a weekly meal plan is my go-to strategy because it helps me avoid those hangry moments that lead to excessive eating out – and a drained bank account.

Plus, it minimizes those “screw it, let's hit the fast food joint” situations.

Don't get me wrong; I'm all for the occasional fast-food indulgence, but I'd choose a hearty homemade meal over it 99% of the time.

I suggest having a flexible meal plan that includes a couple of more elaborate dishes for the start of the week when you're all gung-ho about cooking. As the week progresses and your culinary enthusiasm wanes, keep a few super simple recipes up your sleeve.

The key here is to be adaptable and customize your plan to suit your preferences and needs.



SETTING UP YOUR KITCHEN

As mentioned in the previous chapter, stocking your pantry is an important piece of the vegan cooking puzzle. The other is to have a well equipped kitchen to cook a variety of recipes.

Now, there are two types of chefs out there. Those who like to use a lot of gadgets, and those who don't. Most home cooks tend to fall somewhere in between. Here's a list of some of the basic kitchen supplies you need to have on hand in order to be able to cook a variety of recipes.



A good set of knives that include a bread knife and a chef's knife. Unless they are serrated, make sure you keep them sharp. You'll also want a large cutting board.



An electric mixer. If you do a lot of baking, you may want to find an upright mixer that sits on your countertop.



Various utensils such as a pair of sturdy tongs, a sieve, wooden spoons, rubber spatulas, and a sturdy wire whisk.



A small toaster oven and a microwave



A blender and/or a food processor.

Optional, but nice to have on hand – a submersion mixer, crockpot, ice cream maker, a bread maker if you can't do without fresh baked bread.



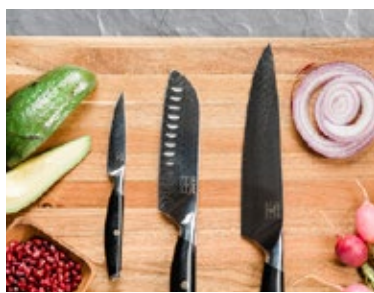


Stocking your vegan pantry is an important piece of the vegan cooking puzzle.

Those who like to use a lot of gadgets, and those who don't. Most home cooks tend to fall somewhere in between.

Here's a list of some of the basic kitchen supplies you need to have on hand in order to be able to cook a variety of recipes. Here's a list of essential kitchen supplies you need to have at hand in order to be able to cook a variety of recipes.

KNIVES / CUTTING



A good set of knives that include a bread knife and a chef's knife. You'll also want a large cutting board.

ELECTRIC MIXER /



If you do a lot of baking, you may want to find an upright mixer and a food processor that sits on your countertop.

UTENSILS



Various utensils such as a pair of sturdy tongs, a sieve, wooden spoons, rubber spatulas, can opener, and a sturdy wire whisk.

MICROWAVE/TOASTER



A small toaster oven and a microwave.

POTS & PANS



A good variety of pots, pans.

MEASURING CUPS SET



Measuring cups are essential in cooking to ensure accuracy and consistency.



GUIDE TO STOCK YOUR VEGAN PANTRY

Setting up your pantry is an essential step to being able to easily create meals on a whim. For people who have been vegetarians all their lives, setting up the pantry will not be a struggle. However, if you've just recently converted to a vegan, you'll probably need to start from scratch. You may have some ingredients on hand, but most of your pantry may not be vegan friendly.

Of course, this list will not include perishable items such as fruits and vegetables. However, even some perishable items, such as certain brands of tofu, soy milk, rice milk, almond milk, etc can be stored on the shelves and not in the refrigerator because of the special packaging.



Step 1: Take inventory

The first step to building a vegan pantry is to take inventory of what you have. This step is mostly for those who have just become vegans. However, if you have been vegan for a while, you will also benefit from this. The goal is to go through and think about everything that you have and determine if it supports the vegan lifestyle.

You may also want to look at the ingredients lists of all your packaged foods to determine if any of the hidden ingredients listed in the previous chapter exist. Even if you have been vegan for a while, you may still find some foods in your pantry that you should not have there.

If you do find a lot of foods to get rid of and they have not been opened, do not throw them away. Give them away to a local food pantry. Just because you will not eat them does not mean that someone will not benefit from them and appreciate having something to eat.



Step 2: Stock the essentials

It isn't entirely necessary to have a large pantry filled with tons of ingredients and packaged foods. All you need to do is sit and think about the things that are really important to you. If you don't bake that often, for example, don't bother buying baking supplies until you really need them.

If you are the type of person who loves cereal and has a few bowls a day, you may want to keep packages of nut milk, soy milk, rice milk, and extra cereal in your pantry so you don't need to run to the store all the time.



VEGAN COOKING GUIDE

So, we have spent some time thinking about some of the common ingredients that are usually included in vegan foods. We've learned how to stock the pantry and also find hidden ingredients in foods that vegans should not eat.

The next step is to actually learn how to cook.

If you already know how to cook, you can skip this chapter. But, I would recommend reading it anyway because there could be things in here you don't already know. To receive the proper instruction, you really should cook with someone who knows what they are doing, so you can learn from them.

Or better yet, you can take some cooking classes. Search around your area to see if you can find any vegan cooking classes that can give you a good introduction to some of the techniques.

Even though we will go over the techniques you need to know to put together a variety of foods in this chapter, it can be fun learning in a group environment.

HERE IS A BASIC LIST OF SOME OF THE TECHNIQUES YOU NEED:

- 🌱 Setting up your kitchen
- 🌱 How to follow a recipe
- 🌱 Basic cooking techniques
- 🌱 People could spend a lifetime learning how to cook and not even scratch the surface. So, we'll go over some of the basic techniques. If you want to learn more, you should probably consider enrolling in a class.



ESSENTIAL VEGAN FOOD ITEMS TO HAVE IN YOUR KITCHEN



Even though pantries may differ from household to household, it will be helpful to view a sample pantry. You can use this as a starting point while trying to figure out how to stock yours, or you can take this list to the store and start shopping! It's up to you.

It may help to think of your pantry in terms of categories such as breakfast items, snacks, etc. Here's a rough list:

BREAKFAST ITEMS



- ✔ Whole grain hot cereals such as oatmeal or cream of wheat Cold cereals to eat with soy milk, nut milk, or rice milk
- ✔ Vegan friendly pancake mixes
- ✔ Vegan baked goods such as muffins

SNACKS



- ✔ A variety of healthy snack items such as granola bars
- ✔ Vegan treats such as cookies and cakes
- ✔ Crackers and other baked items

MISC ITEMS



- ✔ Nut milk, soy milk, rice milk, and tofu in special packaging to help it store in the pantry and stay fresh longer.
- ✔ Canned soups, boxed meals like vegan mac and cheese, nuts (e.g., almonds, sesame, sunflower, pecans), whole wheat pasta, and condiments (e.g., spaghetti sauce, capers, pickles, ketchup, dressings, etc.).

**GRAIN PRODUCTS**

These are just a few examples. Buy things that are in accordance

- 🌿 Whole wheat rice
- 🌿 Buckwheat flour
- 🌿 Wheat flour
- 🌿 Quinoa

CONDIMENTS

- 🌿 One vegetable oil to cook with At least one kind of flavorful oil such as cold pressed olive oil or roasted sesame oil
- 🌿 Tamara and/ or soy sauce
- 🌿 Vinegar – you can keep several kinds on hand such as balsamic, rice wine, and red wine vinegar
- 🌿 Salt, pepper, and herbs and spices

BAKING ITEMS

- 🌿 Leavening agents such as yeast, baking powder, and baking soda
- 🌿 Vegan friendly egg substitute
- 🌿 Different kinds of flours
- 🌿 Sugars and other sweetener products such as maple syrup and rice syrup

This list is just designed to be a jumping off point. It is almost impossible to come up with a blanket list because peoples' food preferences vary greatly.

The approach most people like to take is to purchase things one at a time as you need them.

Remember to look at the ingredients, especially when you are buying packaged food. As we've explored, there are often hidden ingredients that are not vegan friendly where you would least expect them.

EGG SUBSTITUTIONS:

Here is a list of some of the best egg replacement options out there. You can replace the eggs in any recipe using these options.

BANANA PUREE



Pureed bananas are another effective egg substitute. Just place a rip banana in the blender and pulse until completely smooth and there are no lumps. A half of a regular sized banana is the equivalent of one egg. The positive aspect of using bananas is that they are readily available. However, bananas have a distinct taste that won't work out in every recipe. For example, if you were trying to make peanut butter cookies, the banana flavor would alter the taste.

GROUND FLAXSEED



It is best to purchase the flaxseeds whole and store them in the refrigerator. When it's time to use them, measure out 1 tablespoon of flaxseeds for every egg that you need to replace. Then, pulverize it in a blender or coffee grinder. Transfer the flaxseeds to a bowl and add three tablespoons of water for each egg you need to replace. Add the water slowly while whisking vigorously. Whisk until the mixture takes on a gel-like quality. Since flaxseeds are nutty tasting and works best when making things like whole grain breads, muffins, and pancakes.

EGG REPLACERS



Nowadays there are plenty of egg Replacers that are available to buy at your grocery store. They are an easy-to-use vegan baking essential. The package contains instructions for using as a substitute for whole eggs and separated egg whites or yolks. It's great for muffins, cakes, cookies, quickbreads and more.

TOFU



Tofu is also another option you can try if you need to find a replacement product. You can try any form of tofu but this may take some experimentation. Silken tofu seems to yield the best results. Tofu doesn't have a lot of flavor on its own, especially when paired with stronger ingredients. Another advantage is that it is widely available in most areas, even in the regular supermarkets.

To use, just take the tofu and blend it until smooth in the blender. Food processor also may work but it's important to make sure that there are no lumps and the texture is as smooth as possible.

To replace one large egg, use $\frac{1}{4}$ cup of the blended mixture. You'll need to do some experimenting to see which recipes work best with tofu as an egg substitute. It all depends on the kinds of recipes you try and your personal preferences.

USING FLOUR AND OTHER LEAVENING AGENTS



You can also use pastes made from different kinds of flours and leavening agents to replace the eggs.

The benefit is that most homes have these ingredients on hand. They also don't have flavor of their own like bananas and flaxseeds do. They can blend into the batter fairly well.



It may take some experimentation to get the proportions right. Here are some

- 🌿 1 tablespoon flour of any kind (try wheat flour, oat flour, or soy flour) and 1 tablespoon water for each egg.
- 🌿 1 tablespoon baking powder, 1 tablespoon flour, 2 tablespoons water for each egg.
- 🌿 2 tablespoons corn starch and 2 tablespoons water blended together also replaces one egg.

REPLACING MILKS IN RECIPES

For a vegan, milk from any animal (sheep, cow, goat, etc) is also forbidden. It is also a very common ingredient when baking and cooking. It is also much easier to replace than eggs.

To replace milk in recipes, just substitute any of these vegan alternatives.

For example, if the recipe calls for one cup of milk, use one cup of soy milk instead. Here

SOY MILK



Soy milk comes in a variety of flavors and is readily available. Flavors include vanilla, unsweetened, chocolate, and even egg nog. Some brands are thicker and creamier than others. You may need to do some experimenting before you find the brands you like the best. Unless it has a distinct flavoring, soy milk is fairly neutral and blends well in recipes. Soy milk is also rich in protein.

NUT MILKS



Nut milk beverages such as almond milk and hazelnut milk are also options. Unlike soy milk, these nut milks have a distinct flavor and may not work well in every recipe. There are sweetened and unsweetened varieties as well.

RICE MILK



Rice milk also offers a great option to replace milk in recipes. It is also very mild tasting and blends well in recipes.

REPLACING BUTTER IN RECIPES

Butter is another important ingredient that a lot of recipes call for. There are several different things you can do in order to substitute it:

VEGETABLE OIL



If the recipe calls for melted, or even solid, butter you can consider using vegetable oil instead. This, however, may alter the texture of the recipe a little so you will probably need to experiment.

VEGETABLE SHORTENING



If you really need a solid fat to use in recipes you can use vegan-friendly shortening. This is a manufactured product and filled with trans fats, however. So, using it in moderation is best. Shortening isn't good for you at all! You can also find butter-flavored shortening where a butter flavor is required.

VEGAN MARGARINE



This is another option that can replace butter or other solid fats, especially if you want something with a buttery flavor. However, margarine is also high in transfatty acids. Watch for transfat-free products, but even those may contain trace amounts of trans fats.

FRUIT PUREES



You can also reduce fat with fruit purees. For example, if the recipe calls for 1 cup of butter, you can try using $\frac{1}{2}$ cup apple sauce and $\frac{1}{2}$ cup vegan margarine or shortening. Other fruit purees you can use include plum puree and banana puree. You may be able to find fruit puree fat replacement products in the store. Just make sure they are vegan friendly and that you follow the instructions for making a proper substitution. You may also want to try replacing all the fat in the recipe with fruit. However, this may alter the texture too much.



COMMON INGREDIENTS USED IN VEGAN RECIPES



Vegan cooking is certainly an art. As illustrated in the previous section, ingredients such as milk, buttermilk, eggs, and butter are almost essential for certain recipes.

But, as we explored, the substitutions are more than adequate. With that said, there are a lot of ingredients that a lot of vegan chefs find essential.

Here's a rundown of some of the most common.

SOY PRODUCTS



SOY MILK

Soy is probably the most versatile plant out there, especially when it comes to creating healthy and protein rich vegan meals. Here is a list of some of the

TOFU



Tofu comes in different levels of firmness such as extra firm, or soft.

GROUND BEEF REPLACEMENT



This soy food is a staple to some, because you can make meals such as Spaghetti Bolognese and vegan chili.

MISO



Miso is a fermented salty paste that is made from soy and is used as a popular, enzyme rich soup base.



TAMARI AND SOY SAUCE



Tamari and Soy Sauce are condiments made from soy.

EDEMAME



These are the fresh soy beans and are excellent by themselves or in stir fries.

SOY CHEESE



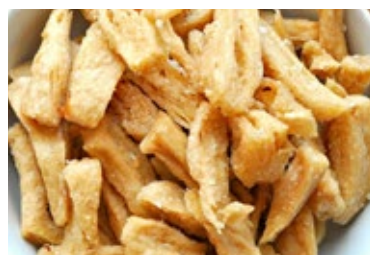
Soy cheese even melts and has a similar texture as real cheese.

SOY SAUSAGES



Soy sausage, hot dogs, and hamburger patties. Vegans can enjoy breakfast sausage, hot dogs, and even hamburger patties.

SOY CHICKEN



Soy **“chicken”** They come in a variety of forms such as patties, nuggets, etc.

SOY PROTEIN POWDER



Soy protein powder. Soy protein offers a great way to increase your daily protein intake. You can put a scoop in your morning smoothie, or add it to recipes such as pancakes and breads.



SOY FLOUR



Soy flour is also a valuable product, particularly for

There are a variety of soy products out there and this wasn't necessarily a complete list. It just illustrates the versatility of the food product. Look for soy products that are used from nongenetically modified soy beans.

But, soy foods have their critics. Some only like to use them in their **"traditional"** forms such as tofu, tempeh, miso, edemame, and tamari.

Opponents of processed soy products are leery of the fact that they are designed to taste like meat or milk products which to them, defeats the purpose of being vegan. Plus, these foods tend to be highly processed which doesn't necessarily make them healthier. Whether or not you decide to use them is a decision that you

WHOLE GRAINS

There are so many different kinds of whole grains out there, it is worthwhile to experiment. Grains are rich in vitamins, minerals, fiber, and other important nutrients. They even have protein, especially quinoa – an ancient grain that is especially protein rich. Here are some whole grain products to try:

BARLEY



BUCKWHEAT



BULGUR



OATS





QUINOA



WILD RICE



BLACK RICE



NUTS & SEEDS

These are another essential part of a healthy vegan diet. They are rich in vitamins and minerals as well as important nutrients like healthy fats.

Here's a list of some nuts and seeds to try:

HAZELNUTS



WALNUTS



SUNFLOWER SEEDS



PECANS





ALMONDS



SESAME SEEDS



CASHEWS



FLAX SEED



HEMP SEED



You can include them in recipes and also eat them by themselves as a snack.



LEGUMES

Legumes are an essential protein source to a vegan, especially when paired with whole grains. They need to be combined in this way in order to form a complete protein. When this is one of your main protein sources, it is important to remember to combine it.

KIDNEY BEANS



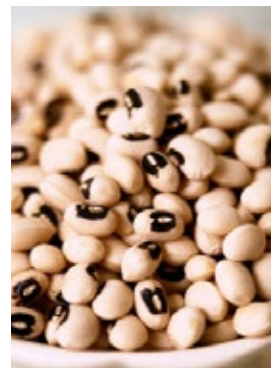
CHICKPEAS



BLACK BEANS



BLACK EYED PEAS



BLACK EYED PEAS



SPLIT PEAS



CANNELLONI BEANS



FAVA BEANS



You can find legumes in dried form, ground into flour, and canned. The dried form needs to be soaked overnight in order to soften it. The canned form is easy to use and great to have on hand. The flour is also a popular ingredient in baked foods and savory cooking.



FRUITS & VEGETABLES

Important for good health, fruits and vegetables add color and variety to your meals. As a vegan, your entire diet will be plant based so you need to get your vitamins, minerals, and nutrients from things like fruits and vegetables.

Look for organic produce whenever possible which makes them even healthier. Organic food is also better for the environment. Seasonal, local produce is also best because it helps support your local economy and tastes a lot fresher.

CANNED AND PACKAGED FOODS

As the vegan diet increases in popularity, so does the availability of packaged, vegan friendly foods. What follows is a list of some of the things you can find.

BREADS



BAKED GOODS



CANNED GOODS



BEVERAGES



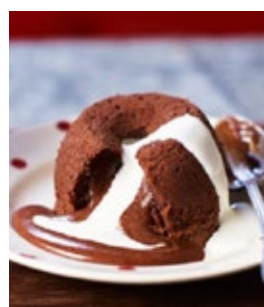
VEGAN CHOCOLATE



SNACKS



DESSERTS



BREAKFAST FOODS



The great thing is that you don't even need to go to a health food store to find a lot of these products.

Yes, health food stores have a lot of vegan options, but you can even find vegan products in your regular supermarket.



HIDDEN ANIMAL INGREDIENTS TO LOOK OUT FOR

As mentioned in a previous section, there are often hidden ingredients in foods that are animal byproducts. A true vegan will take the extra step needed to investigate what these ingredients are and avoid them.

If it is a packaged food and it is listed as being vegan friendly, you can be fairly confident that the food doesn't have these ingredients in it. But, it is still a good idea to check.

What follows is a list of the ingredients to watch out for. There are two types of ingredients – those that are clearly from animal products, and those that may be from animal products or may be from plant derived products.

In the second category, the only way to really find out is by contacting the manufacturer of the food product. And if they don't know, consider not buying their product just to be safe.

A LIST OF SNEAKY NON-VEGAN INGREDIENTS

These ingredients are fairly common in foods so unless a product is labeled as vegan, you should really check the ingredients list to make sure they aren't included.



Albumin:

It comes from egg whites



Milk products:

It includes whey protein powder, lactase, lactose, and things like milk and dried milk



Calcium Caseinate:

It is a fairly common additive



Calcium Stearate:

It is also another additive



Suet:

It is a type of animal fat



Tallow:

It is animal fat product and is made from suet



Bee products:

This includes royal jelly, propolis, honey, and bee pollen



Carmine:

It is a food additive that comes from insects

**Lard:**

It is a type of animal fat

**Casein:**

This is the protein that is in cheese

**Gelatin:**

From animals, a popular product found especially in jellies and desserts

Other common hidden ingredients from animals include:

Cochineal Isinglass Muristic acid Oleic acid Palmitic acid Pancreatin Pepsin Most of the above ingredients are typically used as additives in food. They have different purposes, depending on the food that it will go on.

MORE INGREDIENTS TO AVOID

The following ingredients serve different functions in the food that they are in. Some are considered additives. Others emulsify foods and supply extra fats.

However, just because it sounds like an animal ingredient, doesn't mean it is. They could be synthetically manufactured or come from plants. You'll need to check.

THE INGREDIENTS INCLUDE: **Adipic acid:** **Emulsifying agents** **Fatty acid** **Glycerol** **Capric acid** **Magnesium stearate** **Lactic acid** **Glyceride** **Monoglyceride** **Anything listed as
"natural flavoring"** **Disodium inosinate** **Clarifying agents** **Glyceride** **Stearic acid** **Diglyceride** **Glycerol** **Polysorbate** **Sodium stearoyl
lactylate**

Yes, some of those ingredients are hard to say – some of them don't even sound like food! They all have different purposes in the foods that we eat on a daily basis, even foods that we don't think to consider.

The point is that if you want to live a truly vegan lifestyle, it is worth the extra step to follow up and determine if your favorite foods use the animal versions of these ingredients.

However, it is important to understand that the ingredients mentioned in this section can be found in almost everything. If you try to focus too much on it, it may get too overwhelming.

It is important to find a good balance between wanted to be a strict vegan and living a fulfilling life. If things go too far, it could affect your health in a negative way from the stress.

Being a vegan is definitely a lifestyle commitment. Learning about the foods you need to eat, how to make vegan friendly substitutions while baking and cooking, and all about the ingredients you may want to avoid are all necessary part of embracing the vegan lifestyle.



Once you figure out what you need and what your eating preferences are then you can start buying things to put in your pantry. If you do not take the extra time to think about what you need, you'll end up purchasing things you won't eat. Then, the food will go to waste. Just stock the essentials and if you need other things, you can buy them as you go along.



Step 3: Purchase any extras

It can be expensive to stock your pantry all at once. There are certain ingredients that you may need once in a while, such as tomato sauce and other items. It isn't important to buy some of these extras at first. You can add to your pantry gradually as you go shopping or as you realize you need them.

In general, it is nice to have the ingredients on hand to make a few simple meals such as pasta dishes, soups, and grain and legume dinners such as rice and beans. Think about the kinds of foods you like to eat and purchase the extra ingredients to have them on hand.

If you are on a tight budget, you can take care of these items as you go along. Plan your meals in advance and write out a shopping list. You can buy these extras at the beginning of the week and store them as you buy them.



HOW TO FOLLOW THE RECIPES BEFORE COOKING

Learning how to follow recipes is a very important skill to learning how to cook. Most recipes are pretty straightforward.

However, it is easy to take them for granted until something is going wrong.

There are many handwritten recipes out there that leave out crucial ingredients without meaning to. If you come across a recipe like this, having a good knowledge of how recipes work can help you decode the missing ingredient.



If you are just learning how to cook, you'll be following recipes all the time. However, as you get more comfortable in the kitchen, you'll gradually start to lose your dependence of them.

After you follow a few recipes, you can start to write your own original dishes down. Just remember to list the ingredients in the order that they will appear in the instructions.

This makes the recipe easier to follow.

After you set up your kitchen and you make sure you understand how to follow recipes, the next step is to learn some basic cooking techniques. Here is a short list of some of the things you'll need to do in order to cook.



HOW TO USE YOUR KNIVES

There is a right and wrong way to chop. Most people don't think much about it. However, the wrong technique can get you injured and also make you inefficient. In order to learn, you'll want to work with a professional. Always make sure your knives are sharp, too. It's actually more dangerous if they're dull.

If you don't want to take cooking classes in order to learn proper chopping technique, you could always watch a cooking show on television and mimic what they do. It is essential to have a high quality chef's knife on hand. When cooking certain things, such as salads and soups, most of your time is spent chopping. If you learn how to be efficient you can save a lot of time.



LEARN THE DIFFERENCES BETWEEN BOILING, HEATING, AND SIMMERING

These are three very basic cooking techniques for the stove top. Boiling is when you typically set the heat on high and wait for the mixture to bubble. Heating something is when you let it get hot but not boiling (so there won't be any bubbles). When you simmer something, you put it on low heat for a long amount of time. Things like soups and stews, for example, are typically simmered.

LEARN THE DIFFERENCE BETWEEN BAKING AND BROILING

The terms "baking" and "broiling" are not the same thing. However, some things that can be baked can also be broiled and vice versa. Baking happens at a lower heat than broiling. Classic things that are baked include breads, cookies, cakes, and savory dishes such as vegan lasagna and roasted vegetables. Things like vegan lasagna, for example, can also be broiled. Most ovens come equipped with a broiler. However, each one is different. You'll need to read your manual in order to learn how to operate yours.



HOW TO USE ALL OF YOUR APPLIANCES

Another crucial step to creating vegan dishes is to make sure you understand how to use all of your appliances. For example, you may not know it but your microwave may also have a convection oven setting. You may not realize what it's capable of until you read the manual.

Also, you'll be able to make adjustments in recipes according to how your appliances work. For example, if the instructions say to beat something on high for two minutes, your mixer could take longer if the **"high"** setting is not as powerful as the mixer used to test and write the original recipe.

COMMON COOKING TERMS AND WHAT THEY MEAN

Cookies, cakes, and savory dishes such as vegetarian lasagna and roasted vegetables. Things like vegetarian lasagna, for example, can also be broiled.

Most ovens come equipped with a broiler. However, each one is different. You'll need to read your manual in order to learn how to operate yours.

Once you get acquainted with your kitchen and start following some recipes, you may come across some terms that you don't know what to do with. Here are some common ones you may encounter: **Mashing** You can either mash with your fork if it is a smaller portion or a masher tool.

Some people prefer to whip things that are normally mashed such as potatoes or squash.

**WHIP**

You can use a hand mixer, upright mixer, or a wire whisk to whip just about anything.

CRUSH

You can crush things with the back of your knife, the bottom of a glass, or other heavy objects. There are also special kitchen gadgets used for crushing. Grate Graters come in different forms. Just take your pick. If you need to grate an orange peel or lemon peel, a small hand held grater is best.

KNIFE TECHNIQUES

There are several different kinds of knife techniques you can do including chop, julienne (match stick sized pieces), crush, and slice. Blend Depending on what you are blending you have three choices – a regular blender, a hand held submersion blender which works best for soups, and a food processor. The tool you use will depend on the recipe.

GETTING IT RIGHT

If you've been a vegan for a while, you may already have the hang of this. If not, you may want to plan some of your meals out in advance until you get the hang of it. Even if you've been a vegan for a while, it's a good idea to periodically take a step back and plan a few meals.

Not only will this help insure that you get the nutrients you need, but it helps build variety because you can plan meals around new ingredients.

Besides planning meals, you can also keep a food journal. In it, keep track of what you eat, how you cooked it, whether or not you like it, and if you would change anything. It's also a good way to see if you are getting the right nutrients. You don't need to analyze it too heavily. You can just glance at it to make sure you're getting what you need.



30 DAY MEAL PLAN

Okay congratulations on coming this far. Now, it's time to introduce you to the 30-day meal plan included as part of this jumpstart guide.

Your 30-day meal plan equates to four weeks and some change, so we've sketched out a weekly plan that utilizes these recipes, all while keeping things flexible to suit your busy and exciting life.

For each of the four weeks, I recommend a couple of more involved recipes, a delicious snack, diverse breakfast options, and a selection of quick and easy meals that you can prepare and cook in as little as 20 minutes. Most of these delightful recipes can be found inside the main "Plant-Based Cookbook."

Typically, I like to prepare the more involved recipes and a delightful snack on Sundays, possibly doing some additional cooking early in the week before gradually transitioning to take-out or easy meals to finish the week.

The recipes in this plan are generally portioned for a family of four. If your household size differs, you may need to adjust accordingly. Use these plans as a starting point and, as always, customize them to suit your individual tastes, requirements, and preferences." Typically, I like to prepare the more involved recipes and a delightful snack on Sundays, possibly doing some additional cooking early in the week before gradually transitioning to take-out or easy meals to finish the week.

The recipes in this plan are generally portioned for a family of four. If your household size differs, you may need to adjust accordingly. Use these plans as a starting point and, as always, customize them to suit your individual tastes, requirements, and preferences."



MEAL PLAN

Let's kick off this month with a burst of flavor by preparing some of my all-time favorite recipes. My aim is to have you absolutely enthusiastic about being vegan from the very first week, all thanks to these delightful recipes!

In this section, we'll discuss the delicious plant-based recipes for that you can enjoy in the next 4 weeks.

Let's get started!

WEEK 1-4: HOW DOES IT WORK?

The each meal in the 30-day jump start guide are planned for two servings of each meal. Some of the recipes serve 4 or 6, so you will need to scale them down. If you need to cook for 4 or more people, just scale up the shopping list proportionately. Choose 1 or more meals from each category to cook on the day or if you don't want to cook everyday you can batch cook for the the week ahead (read below).

BATCH COOKING

Each week can prepare a 'batch cook' recipe where you can make a number of extra portions to stock up your freezer, feed friends or keep a few portions in the fridge to give yourself a night off cooking.

VARYING THE MEAL PLAN

You might decide to pick and choose some recipes from the meal plan, and leave out others. Each weekly shopping list tells you which day of the week you need an ingredient for, so if you want to leave out one of the recipes it will be easy to work out which ingredients to cross off the list.

You can also adapt each recipe to suit you own taste.



DON'T LIKE SPICY FOOD?

Just leave the chillis out! All of the recipes that have chillis in will still be delicious without them, with lots of flavour from garlic, ginger and other spices and herbs.

DON'T WANT TOO MANY CARBS?

Many of the recipes are fairly low in carbs, and you can adjust your side servings to avoid rice, bread or pasta. Some recipes you may prefer to leave out, but others can be adapted. For instance, for the Black Bean Sweet Potato Boats, you could halve the quantity of potatoes and add more avocado or black beans.

TOO BUSY TO COOK AT CERTAIN TIMES?

The recipes marked with a symbol are 20-minute recipes, so save these for evenings when you're likely to be pressed for time. The weekend recipes are generally a bit more involved (and worth every minute!), but switch them around to suit your own schedule instead.

SAVING MONEY ON QUALITY FRUITS & VEG

- 🌿 Choose fresh vegetables and fruits that are in season.
- 🌿 Watch for coupons and local store specials.
- 🌿 Visit local farmers' markets and produce stands.
- 🌿 Look into whether local farms offer a "u-pick" option.
- 🌿 Make use of organizations like Imperfect Foods that offer lower prices for produce that may not look perfect.
- 🌿 Stock up on frozen vegetables when on sale. They provide a convenient alternative and are generally as nutritious as fresh.



Before heading to the store, it's a good practice to check your kitchen inventory. Some items on the shopping lists may not be necessary. As you plan your shopping, review the recipes carefully. You might decide to skip or replace certain ingredients.

IMPORTANT: When you shop, it's vital to ensure that all the ingredients you select align with your dietary preferences. If you're adhering to specific dietary restrictions, use our label reading tips. Avoid any potential cross-contact with foods that may not align with your dietary needs.

Consider this meal plan as a flexible guide, and feel free to adjust the quantities according to your household's size.

Make ingredient substitutions that suit your family's unique preferences.

When a recipe suggests "**Making Extra**," plan ahead by checking the Meal Plan for guidance on how to use those leftovers. The term "make extra and freeze" indicates that you'll be incorporating the item into a meal two or three days later.



30 DAY VEGAN

JUMPSTART



Week 1:

W1	Breakfast	Lunch	Dinner
Mon	Smoothie with frozen berries, peanut butter, spinach, banana, unsweetened almond milk, ice cubes optional	Chickpea Salad Sandwich with red onion, vegan mayo, avocado, tomato, and lettuce on your choice of brown bread or a wrap	Falafel with Mediterranean quinoa salad. Serve with hummus (Make Extra)
Tues	Oatmeal topped with peanut butter, banana, walnuts, and a drizzle of maple syrup	Left over Mediterranean quinoa in a tortilla	Vegetable Biryania
Wed	Banana Pancakes with maple syrup. Add your favorite fruit for toppings	Hummus and veggie wrap with avocado, cucumber, spinach, carrot, and bell pepper on a glutenfree tortilla	Vegan Pesto Pasta (Make Extra)
Thur	Blueberry Smoothie with oats, spinach, cinnamon, maple syrup, unsweetened almond milk, ice cubes	Leftover Vegan Pesto pasta with oil, nutritional yeast, lemon, assorted mixed frozen vegetables	Burrito bowl with brown rice, black beans, corn, salsa, and avocado (Make enough filling for tomorrow's lunch)
Fri	Oatmeal with frozen blueberries, peanut butter, and chia seeds with a drizzle of maple syrup	Leftover burrito with tortilla, black beans, salsa, avocado, and corn	Tempeh Satay with Peanut Sauce with assorted mixed frozen vegetables and brown rice (Make Extra Tempeh Satay)
Sat	Basic Tofu Scramble with spinach, mushrooms, and potatoes (Make extra)	Left over Tempeh Satay with assorted mixed frozen vegetables served over rice noodles	Black Bean Sweet Boats: topped with black beans, avocado, and fresh cilantro (Make extra sweet potatoes)
Sun	Vegan French Toast with sliced strawberries & blueberries, drizzle of maple syrup	Leftover Baked sweet potato boats filled with black beans, avocado, corn, salsa	Vegan Colcannon: Mashed Potatoes, scallions,

Week1-ShoppingList

PRODUCE	REFRIDERATED PRODUCTS	PANTRY & DRIED GOODS	CANNED
Frozen berries/ Mixed Berries Bananas Granola Spinach Garlic Walnuts Sweet Potatoes Fresh bread Chia seeds Dates Cococnut Flakes Onions Lettuce Mushrooms Tomatoes Avocados Sweet Corn Salsa sauce Cucumber Lime Frozen mixed veggies Frozen berries	Tofu Hummus Unsweetened Almond Milk Vegan Mayo Falefels Tempeh Ice-cubes (or make at home)	Oots Maple Syrup Walnuts Brown Rice Cinnamon Qunoa Tortillos Vegan Pesto Sauce Nutritional yeast Peanut butter Brown Rice Peanut Sauce Tortillos	Chickpeas Black beans



30 DAY VEGAN

JUMPSTART



Week 2:

W2	Breakfast	Lunch	Dinner
Mon	Granola, banana, peanut butter and cinnamon	Avocado and Chickpea Toast served with pomegranate on top of it. (optional) (Make Extra Chickpeas and store in the fridge)	Spicy Tofu with mixed stir fried veggies
Tues	Smoothie with unsweetened almond milk, frozen blueberries, GF oats, peanut butter, cinnamon, spinach, ice cubes	Roasted Vegetable & Hummus Wrap: Bell peppers, zucchini, eggplant and baby spinach	Chickpea Curry: With onion, garlic, ginger and tomatoes
Wed	Apple Cinnamon Oatmeal: oats, diced apple, maple syrup and cinnamon	Panzanella Salad: diced bread cubes, chopped tomato, sliced cucumber, red onion, basil, red wine vinegar	Bubble and Squeak Oatmeal: mashed potato, veggies, onion garlic & vegan gravy (Make extra)
Thur	Chia Seed Porridge: chia seeds, almond milk, mable syrup, with fresh berries (Granola or nut butter optional)	Leftover from Bubble & Squeak cakes: Serve with a fresh garden salad such as tomato, lettuce, onion and sweet corn.	Potato Hash with diced potatoes, tempeh, diced bell pepper, red onion (Make extra and potatoes),
Fri	Raspberry and Chia Smoothie Bowl: Raspberries, banana, almond milk, dates, coconut flakes, chia seeds. pepitas.	Brown rice and black bean burrito on brown rice tortilla with salsa, avocado, frozen stir fry vegetables	Lentil Soup with frozen mixed vegetables and side of diced potato
Sat	Oatmeal topped with frozen blueberries, maple syrup, nut butter	Left Over Lentil Soup with frozen mixed vegetables and side of brown rice	Vegan Bangers and Mash: Vegan sausages, mash potato, onion, vegetable broth
Sun	Tofu Scramble with firm tofu, frozen stir fry vegetables, seasoned black beans, brown rice tortilla, sliced avocado	Vegan Pesto Pasta with pan-roasted cheery tomatoes or assorted mixed frozen vegetables	Lentil and Vegetable Crumble: brown lentils, mixed veg, onion, garlic, rolled oats, mixed nuts

Week2-ShoppingList

PRODUCE	REFRIDERATED PRODUCTS	PANTRY & DRIED GOODS	CANNED
<i>Baby Spinach</i> <i>Garlic Walnuts</i> <i>Dates</i> <i>Plain and Red</i> <i>Onions Lettuce</i> <i>Frozen berries/</i> <i>Mixed Berries</i> <i>Bananas</i> <i>Cherry Tomatoes</i> <i>Mushrooms</i> <i>Potatoes Fresh</i> <i>bread Avocados</i> <i>Corn Cucumber</i> <i>Frozen mixed</i> <i>veggies Frozen</i> <i>berries Zucchini</i> <i>Eggplant</i>	<i>Tofu</i> <i>Hummus</i> <i>Almond Milk</i> <i>Vegan Sausages</i> <i>Salsa sauce</i>	<i>Rolled Oats</i> <i>Maple Syrup</i> <i>Walnuts</i> <i>Cococnut Flakes</i> <i>Brown Rice</i> <i>Pasta</i> <i>Peanut butter</i> <i>Brown Rice</i> <i>Peanut Sauce</i> <i>Lentils</i> <i>Curry powder</i> <i>Cinnamon</i> <i>Tortillos</i> <i>Vegan Pesto Sauce</i> <i>Nutritional yeast</i> <i>Vegetable broth</i> <i>Mixed nuts</i> <i>Pepitas</i> <i>Tortillos</i> <i>Vegan Gravy</i> <i>Granola</i> <i>Salsa sauce</i> <i>Wine Vinegar</i> <i>Basil</i> <i>Chia seeds</i>	<i>Black beans</i> <i>Chickpeas</i>



Week 3:

W3	Breakfast	Lunch	Dinner
Mon	Chocolate overnight: oats with cocoa powder, banana, chopped dates, peanut butter, chia seeds, maple syrup (Make Extra)	Pasta salad with cherry tomatoes, spinach, avocado, carrot, lemon, olive oil	Red Lentil Curry: with sweet potato, garlic, curry powder, vegetable broth and vegan yogurt
Tues	Tomato Tofu Scramble: Extra firm tofu, diced tomato, garlic, soy milk, nutritional yeast, red pepper flakes	Left over Red Lentil Dahl with spinach and toast	Sweet Potato and Chickpea Curry: diced sweet potatoes, chickpeas, tomatoes, ginger, curry (Make Extra Rice)
Wed	Toast with hummus and smashed avocado topped with cherry tomatoes	Veggie hummus wrap on whole-grain tortillas with cucumber, bell pepper, tomato, hummus, onion, spinach	Fried brown rice (use leftover rice) with olive oil, tofu, frozen mixed vegetables, green onions, lime, tamari
Thur	Chocolate overnight: oats with cocoa powder, banana, chopped dates, peanut butter, chia seeds, maple syrup	Caprese Salad Sandwich: whole grain bread, sliced tomatoes, vegan mozzarella, Balsamic glaze	Japchae Noodles: with sliced bell pepper, slices carrot, sliced mushroom, spinach, soy sauce (Make Extra)
Fri	Smoothie with frozen berries, dates, chia seeds, peanut butter, banana, spinach, unsweetened almond milk, ice cubes optional	Left over from Japchae Noodles: with noodles served with garlic toast	Quinoa burrito bowl with black beans, avocado, frozen corn, tomatoes, with salsa and lime on top (Make extra)
Sat	Basic Tofu Scramble with spinach, tomatoes, topped with avocado and served with toast	Leftover burrito bowl made with quinoa, black beans, avocado, frozen corn, tomatoes, with salsa and lime on top	Red lentil Bolognese made with red lentils, tomato walnuts, herbs and spices, onion. (Make Extra)
Sun	Toast with peanut butter, sliced banana, chia seeds, drizzle of maple syrup	Hummus and avocado sandwich on whole wheat bread with mashed chickpeas, spinach, tomato, carrot	Leftover Red lentil Bolognese made with red lentils, marinara sauce, onion, garlic, Italian seasoning over noodles

Week3-ShoppingList

PRODUCE	REFRIDERATED PRODUCTS	PANTRY & DRIED GOODS	CANNED
<i>Baby Spinach</i> <i>Kale</i> <i>Garlic</i> <i>Walnuts</i> <i>Dates</i> <i>Bananas</i> <i>Tomatoes</i> <i>Sliced Mushrooms</i> <i>Potatoes</i> <i>Avocados</i> <i>Onions</i> <i>Lettuice</i> <i>Frozen berries/</i> <i>Mixed Berries</i> <i>Cucumber</i> <i>Frozen mixed</i> <i>veggies</i> <i>Frozen berries</i> <i>Carrots</i>	<i>Tofu</i> <i>Hummus</i> <i>Almond Milk</i> <i>Vegan Mozzerella</i> <i>Vegan Sausages</i> <i>Salsa sauce</i> <i>Frozen corn</i> <i>Garlic sauce</i> <i>Frozen corn</i> <i>Ice-cubes (or make at home)</i>	<i>Whole wheat bread</i> <i>Rolled Oots</i> <i>Maple Syrup</i> <i>Coco powder</i> <i>Cia seeds</i> <i>Walnuts</i> <i>Cococnut Flakes</i> <i>Brown Rice</i> <i>Fresh bread</i> <i>Pasta</i> <i>Peanut butter</i> <i>Noodles</i> <i>Brown Rice</i> <i>Peanut Sauce</i> <i>Lentils</i> <i>Curry powder</i> <i>Cinnamon</i> <i>Pepitas</i> <i>Vegan Gravy</i> <i>Granola</i> <i>Salsa sauce</i> <i>Wine Vinegar</i> <i>Basil</i> <i>Chia seeds</i>	<i>Black beans</i> <i>Chickpeas</i> <i>Marinara sauce,</i>

**Week 4:**

W4	Breakfast	Lunch	Dinner
Mon	Baked oatmeal (use walnuts instead of pecans) (Make extra)	Veggie sandwich on bread with cucumber, tomato, lettuce, avocado, mashed chickpeas	Brown rice bowl with cherry tomatoes, lentils, spinach (Make extra)
Tues	Vegan French Toast with sliced strawberries & blueberries, drizzle of maple syrup	Leftover brown rice bowl with cherry tomatoes lentils, spinach	Teriyaki Tempeh and Vegetables (Make extra)
Wed	Left Over Baked Oatmeal	Avocado and Chickpea Toast served with pomegranate on top of it. (optional)	Baked potato with black beans and frozen mixed vegetables with salsa
Thur	Peanut butter toast topped with sliced apples, cinnamon, chia seeds, maple syrup	Hummus sandwich on bread, topped with avocado, bell pepper, salsa, lettuce,carrots	Red Lentil Curry over brown rice (Make extra)
Fri	Smoothie with unsweetened soy milk, kale, apple, ginger, avocado, frozen berries	Leftover Red lentil Curry	Quinoa bowl with roasted potatoes, asparagus, onions, broccoli, marinated tempeh (Make extra)
Sat	Berry vanilla chia seed pudding with frozen berries, chia seeds, soy milk, vanilla extract	Roasted potatoes, asparagus,onions, broccoli, marinated tempeh over a bed of kale	Vegan Colcannon: Mashed Potatoes, scallions,
Sun	Tomato Tofu Scramble: Extra firm tofu, diced tomato. garlic, soy milk, nutritional yeast, red pepper flakes	Leftover Vegan Pad Thai	Quinoa bowl (with leftoverquinoa & roasted potatoes) with roasted potatoes, mixed frozen vegetables, avocado

Week4-ShoppingList

PRODUCE	REFRIDERATED PRODUCTS	PANTRY & DRIED GOODS	CANNED
<i>Baby Spinach</i> <i>Kale</i> <i>Cabbage</i> <i>Walnuts</i> <i>Dates</i> <i>Bananas</i> <i>Asparagus</i> <i>Garlic</i> <i>Tomatoes</i> <i>Red or Green Bell</i> <i>Pepper</i> <i>Russet potatoes</i> <i>Avocados</i> <i>Onions</i> <i>Lettuice</i> <i>Frozen berries/</i> <i>Mixed Berries</i> <i>Cucumber</i> <i>Frozen mixed</i> <i>veggies</i> <i>Frozen berries</i>	<i>Tofu</i> <i>Hummus</i> <i>Tempeh</i> <i>Vegan Butter</i> <i>Almond Milk</i> <i>Soy Milk</i> <i>Salsa sauce</i> <i>Frozen corn</i> <i>Ice-cubes (or make at home)</i>	<i>Whole wheat bread</i> <i>Red pepper flakes</i> <i>Rolled Oats</i> <i>Maple Syrup</i> <i>Walnuts</i> <i>Cococnut Flakes</i> <i>Brown Rice</i> <i>Pasta</i> <i>Fresh bread</i> <i>Peanut butter</i> <i>Noodles</i> <i>Brown Rice</i> <i>Peanut Sauce</i> <i>Lentils</i> <i>Curry powder</i> <i>Cinnamon</i> <i>Mixed nuts</i> <i>Salsa sauce</i> <i>Chia seeds</i>	<i>Black beans</i> <i>Chickpeas</i>



CONGRATS! YOUR 30-DAY JUMPSTART CHALLENGE IS COMPLETED!

Congratulations on making it through your first 30 days as a vegan! How did it go? A lot of people who complete the initial vegan adventure feel a sense of accomplishment, a dash of pride, and honestly, some relief.

But the big question after is: "What's next?"

So, here's some advice as you approach the end of your jumpstart journey: If you decide to reintroduce dairy into your diet, take it slow. Your tummy will thank you for it.

Other than that, your vegan journey is entirely up to you.

As this month comes to an end, you have a few choices.

You can decide to stay committed to the vegan path, or you might find that veganism isn't for you, and you can return to your animal-based diet.

Or you can choose the middle ground, finding a balance that works best for you.

Just remember, it's your journey, so it's all about what feels right for you.





Week 1:

W1	Breakfast	Lunch	Dinner	Snack/Desserts
Mon				
Tues				
Wed				
Thur				
Fri				
Sat				
Sun				



Week 2:

W2	Breakfast	Lunch	Dinner	Snack/Desserts
Mon				
Tues				
Wed				
Thur				
Fri				
Sat				
Sun				



Week 3:

W3	Breakfast	Lunch	Dinner	Snack/Desserts
Mon				
Tues				
Wed				
Thur				
Fri				
Sat				
Sun				



Week 4:

W4	Breakfast	Lunch	Dinner	Snack/Desserts
Mon				
Tues				
Wed				
Thur				
Fri				
Sat				
Sun				