



# Spring 30-Day Vegan Challenge

## Tools

**To make vegan cooking easier, I recommend investing in these kitchen tools. I've listed them in order of importance (which wasn't easy to do!):**

- Good 8" Chef's Knife
- Food Processor
- Blender
- Steam Basket
- Cast Iron Skillet

**Other things you'll want to have are:**

- Mixing bowls
- Measuring cups & spoons
- Peeler
- Parchment Paper
- Baking sheet
- Storage Containers (without BPA. Glass are safest.)
- A couple of good pots & pans
- Spatula

## Time-Saving Tips

- Prepare a number of meals at the beginning of the week to be enjoyed throughout the week.
- Prep vegetables at the beginning of the week for easy use throughout the week in quick-dishes (like stir-fry, tofu scrambles and pilafs)
- Use the food processor to shred hard vegetables like carrots and beets, and to mince and dice onions and garlic.
- Purchase pre-minced or pre-peeled garlic
- Bake or steam plenty of sweet potatoes and beets at the same time, so you can easily add them to dishes or eat them as snacks throughout the week.
- Cook large batches of grains, legumes and soup, and freeze them in portioned containers for later use.
- Prep your smoothie ingredients the night before. Wash greens, chop fruit and keep it all in the blender in the fridge. All you need to do is add liquid and blend in the morning.
- Purchase frozen vegetables.
- Soak beans and grains overnight before cooking. They will be easier to digest and they will cook quicker.