HOW TO SET UP A HIGH VIBRATIONAL KITCHEN



EAT CLEANER

HOW-TO GUIDE

OVERVIEW

When it comes to creating a High Vibrational Kitchen, there are three main considerations:

1. What **tools and equipment** you have to play with
2. What **zones and workstations** you set up to make things simple, easy and enjoyable for yourself
3. What **ingredients** you have within it

On the following pages you will find my most to-the-point guide and suggestions for how to set up your own High Vibrational Kitchen in the way that best works for you, and that also brings you the most joy and pleasure, and the eating experience/results that you desire.

As you read through these pages, I invite you to highlight or circle the parts and items on any lists that really speak to you, and add additional notes of your of own as they come up for you organically along the way.

Most importantly of all, bear in mind that the higher vibration the vision is that you hold for yourself, your diet, your body and your kitchen, the LESS you will actually want and need in your kitchen. This is because the more you mess with your food, and the more ingredients you use within each recipe or meal, the less powerful the results.

Yes, that's absolutely right. There is so much more power and vitality in enjoying a bowl of freshly cut watermelon or freshly washed strawberries (for example), than whizzing them up in a blender with five other ingredients and getting caught up in the intellectual argument that more is better nutrition-wise. While yes, more ingredients generally *do* equal more nutrition, the truth of the matter is, providing you take care to eat a variety of foods throughout the day and keep main meals very simple but well thought out, you won't need to concern yourself with nutrition in this way.

That's great news for those of us who crave simplicity, speed, ease and amazing outcomes, because less is definitely more when it comes to preparing food and losing excess weight, fat, toxins, and whatever else we have been tolerating.

Get ready to create the most vibrant kitchen EVER!

Karen

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TOOLS & EQUIPMENT

Here follows my recommend shopping list for tools, gadgets, and electrical equipment that will enable you to create and enjoy a High Vibrational Kitchen:

BASIC NON-ELECTRICAL ITEMS

- ☐ Set of sharp knives
- ☐ Cutting board
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ At least one jug with measurements on the side
- ☐ A large bowl for washing/rinsing greens and other fresh ingredients
- ☐ Grater
- ☐ Sieve
- ☐ Spatula
- ☐ Ice-cube trays/chocolate moulds
- ☐ Salad dressing shaker
- ☐ Nut milk bag or very fine sieve
- ☐ Spouting jars
- ☐ Manual citrus juicer
- ☐ Manual wheatgrass juicer
- ☐ Spiral slicer (for creating veggie spaghetti)
- ☐ Potato peeler (for creating veggie pasta)
- ☐ Storage containers in varying shapes and sizes (e.g. Tupperware)
- ☐ Kilner jars or other storage jars for nuts, seeds, beans, grains etc.
- ☐ Glass bottles and jars to store nut milks, juices, smoothies etc. in the fridge
- ☐ Baking parchment/foil/cling film

I also recommend that if you don't already have one, you treat yourself to a beautiful drinking glass to serve juices, smoothies, cocktails, etc. in, and also a gorgeous mug for your hot drinks. These can make ALL of the difference to your drinking experience.

Of course, you can also expand this out to investing in amazing cutlery, plates, bowls and whatever else you use to eat with or from regularly.

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ELECTRICAL ITEMS

- ☐ Citrus juicer (optional if you own a manual one)
- ☐ Juicer suitable for juicing leafy green as well as fruits and vegetables
- ☐ Hand blender (with nut mill/coffee grinder attachment is possible)
- ☐ Tabletop blender (Vitamix is my choice but cheaper ones work well too)
- ☐ Food processor (My favourite is Cuisinart)
- ☐ Nut mill/coffee grinder if you don't have one with hand blender
- ☐ Kettle (for herbal teas, hot water with lemon, etc.)

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ZONES & WORKSTATIONS

Here follows the various different areas I recommend that set up in your High Vibrational Kitchen:

ZONES

- ☐ Receiving food deliveries, sorting and unpacking
- ☐ Food prep - basic
- ☐ Food prep - recipe creation
- ☐ Sprouting
- ☐ Growing herbs and indoor greens
- ☐ Dehydrating
- ☐ Pouring and draining
- ☐ Plating up and serving
- ☐ Waste and recycling

WORKSTATIONS

Juicing

- ☐ Electrical point and reasonable counter space required
- ☐ Ideally located near to sink
- ☐ Manual juicers and electrical juicers on work surface
- ☐ Jugs/bowls/strainer for catching and straining juice
- ☐ Chopping board
- ☐ Sharp knives
- ☐ Large bowl for washing ingredients
- ☐ Jug for juice
- ☐ Glass bottles for storing juice
- ☐ Easy access to fresh ingredients you use regularly for juicing

Blending & Milling

- ☐ Electrical point and reasonable counter space required
- ☐ Ideally located near to sink
- ☐ Tabletop blender and hand blender on work surface
- ☐ Chopping board
- ☐ Sharp knives
- ☐ Large bowl for washing fresh ingredients
- ☐ Jug for smoothie
- ☐ Glass bottles and jars for storing smoothies, milks etc.
- ☐ Easy access to whatever ingredients you plan to blend regularly (including superfoods/powders)

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Food Processing

- ☐ Electrical point and reasonable counter space required
- ☐ Ideally located near to sink AND dehydrator if possible
- ☐ Food processor and nut mill/coffee grinder on work surface
- ☐ Chopping board
- ☐ Sharp knives
- ☐ Large bowl for washing fresh ingredients
- ☐ Easy access to whatever ingredients you plan to process/mill regularly (including nuts, seeds, grains, etc.)
- ☐ Ice-cube trays/chocolate moulds
- ☐ Containers ready to put processed recipes into

Dehydrating

- ☐ Electrical point and reasonable access/storage space required
- ☐ Best located somewhere that you can get to easily, but that doesn't take up unnecessary counter space (especially if limited)
- ☐ Spatula for "cutting" bread, crackers, etc.
- ☐ Baking parchment if required
- ☐ Containers ready to put dried foods into

Sprouting & Growing Herbs & Indoor Greens

- ☐ Ideally located immediately above or next to sink
- ☐ Sprouting jars
- ☐ Pots and trays + compost/soil for growing herbs and indoor greens
- ☐ Sieve for rinsing seeds, beans, grains etc. if your jars don't have a mesh lid
- ☐ Easy access to whatever ingredients you plan to sprout regularly

Salad Making

- ☐ Ideally located immediately near sink AND fridge
- ☐ Plates/bowls for plating up
- ☐ Large bowl for washing fresh ingredients
- ☐ Chopping board
- ☐ Sharp knives
- ☐ Salad dressing shaker
- ☐ Easy access to whatever salad toppers you plan to use regularly (e.g. nuts, seeds, herbs, spices, etc.)
- ☐ Easy access to any pre-prepared dried ingredients you plan to add to your salads (e.g. dehydrated crackers, breads, veggie crisps, etc.)

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INGREDIENTS

Here follows the various different foods and ingredients I invite you to consider stocking within your High Vibrational Kitchen:

FRESH FRUIT FOR EATING

- ☐ Apples
- ☐ Avocadoes
- ☐ Bananas
- ☐ Bell pepper
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cucumbers
- ☐ Dates
- ☐ Grapes
- ☐ Lemons
- ☐ Limes
- ☐ Mangoes
- ☐ Melon
- ☐ Oranges
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tomatoes
- ☐ Watermelon

VEGETABLES FOR EATING

- ☐ Broccoli
- ☐ Cabbage
- ☐ Carrot
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn-on-the-cob
- ☐ Courgette (zucchini)
- ☐ Fennel
- ☐ Onion - red or white
- ☐ Peas (from the pod)
- ☐ Pumpkin
- ☐ Radish
- ☐ Squash
- ☐ Sweet potato

GREENS & FRESH HERBS FOR EATING

- ☐ Basil
- ☐ Chard
- ☐ Chive
- ☐ Coriander (cilantro)
- ☐ Dandelion leaves
- ☐ Kale
- ☐ Lettuce (variety)
- ☐ Micro greens
- ☐ Mint
- ☐ Nettle
- ☐ Parsley
- ☐ Rocket (arugula)
- ☐ Spinach
- ☐ Watercress

INDOOR GREENS

- ☐ Buckwheat greens (unhulled groats)
- ☐ Barley grass (unhulled grains)
- ☐ Pea greens
- ☐ Spelt (unhulled grains)
- ☐ Sunflower greens (unhulled seeds)
- ☐ Wheatgrass (unhulled grains/berries)

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FRUITS, VEGETABLES & GREENS FOR JUICING/SMOOTHIES

- ☐ Apples
- ☐ Bananas
- ☐ Carrots
- ☐ Celery
- ☐ Cucumber
- ☐ Dates
- ☐ Frozen fruit selection (berries, pineapple, mango, cherries, etc.)
- ☐ Kale
- ☐ Lemons
- ☐ Limes
- ☐ Nettle
- ☐ Oranges
- ☐ Parsley
- ☐ Pea greens
- ☐ Spinach
- ☐ Sunflower greens
- ☐ Watercress
- ☐ Wheatgrass

NUTS

- ☐ Almonds
- ☐ Brazils
- ☐ Cashews
- ☐ Coconut (young/jelly/green)
- ☐ Coconut (old/brown)
- ☐ Hazelnuts (filberts)
- ☐ Macadamias
- ☐ Peanuts (technically a legume)
- ☐ Pecans
- ☐ Pine nuts (pignolli)
- ☐ Pistachios
- ☐ Walnuts

SEEDS

- ☐ Aniseed
- ☐ Caraway
- ☐ Flaxseed/Linseed, brown
- ☐ Flaxseed/ Linseed, gold
- ☐ Hemp
- ☐ Poppy
- ☐ Pumpkin
- ☐ Sesame (hulled/unhulled)
- ☐ Sunflower (hulled)

SEEDS FOR SPROUTING

- ☐ Buckwheat groats (hulled)
- ☐ Chia seeds
- ☐ Flaxseeds - gold or brown (linseed)
- ☐ Hemp seeds
- ☐ Pumpkin seeds
- ☐ Sesame seeds (unhulled)
- ☐ Sunflower seeds (hulled)

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BEANS, PULSES & LEGUMES FOR SPROUTING

- ☐ Aduki beans (adzuki)
- ☐ Black eye beans (cowpeas)
- ☐ Chickpeas (garbanzos)
- ☐ Lentils (brown, green, red, puy)
- ☐ Mung bean (bean sprouts)

GRAINS FOR SPROUTING

- ☐ Amaranth
- ☐ Barley (unhulled)
- ☐ Buckwheat (unhulled)
- ☐ Kamut
- ☐ Oats (very hard to find raw as they go rancid quickly)
- ☐ Quinoa
- ☐ Rye
- ☐ Spelt
- ☐ Wheat
- ☐ Wild rice (technically a seed)

VEGETABLE SEEDS FOR SPROUTING

- ☐ Alfalfa
- ☐ Broccoli
- ☐ Cabbage
- ☐ Chive
- ☐ Clover
- ☐ Cress
- ☐ Fenugreek
- ☐ Garlic
- ☐ Kale
- ☐ Mustard
- ☐ Onion
- ☐ Radish

EDIBLE FLOWERS

- ☐ Begonias
- ☐ Borage petals
- ☐ Calendula petals
- ☐ Citrus blossom
- ☐ Cornflower petals
- ☐ Courgette blossoms
- ☐ Dill flowers
- ☐ Elder flowers
- ☐ Honeysuckle
- ☐ Lavender blossoms
- ☐ Marigold petals
- ☐ Nasturtium petals
- ☐ Pansies
- ☐ Primrose
- ☐ Rose petals
- ☐ Violet heads

MUSHROOMS

- ☐ Brown cap
- ☐ Crimini
- ☐ Field mushroom
- ☐ Girolle
- ☐ Horn of plenty
- ☐ Horse mushroom
- ☐ Morel
- ☐ Oyster
- ☐ Portobello
- ☐ Reishi
- ☐ Shiitake

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SEA VEGETABLES

- ☐ Arame
- ☐ Carragheen (Irish moss)
- ☐ Dulse
- ☐ Hiziki (Hijiki)
- ☐ Kelp
- ☐ Kombu
- ☐ Nori flakes
- ☐ Nori sheets
- ☐ Wakame

ALGAES

- ☐ Chlorella
- ☐ E3 Live
- ☐ Spirulina

OILS

- ☐ Flax (linseed) oil
- ☐ Hemp oil
- ☐ Olive oil
- ☐ Sesame oil

SPICES

- ☐ Allspice
- ☐ Aniseed
- ☐ Cardamom
- ☐ Cayenne pepper
- ☐ Chilli
- ☐ Chinese five spice
- ☐ Cinnamon
- ☐ Clove
- ☐ Cumin
- ☐ Curry powder
- ☐ Garlic (bulbs)
- ☐ Ginger
- ☐ Jalapeno pepper
- ☐ Mace
- ☐ Nutmeg
- ☐ Paprika
- ☐ Saffron
- ☐ Turmeric

DRIED FRUITS

- ☐ Apple
- ☐ Apricots
- ☐ Cherries
- ☐ Currants
- ☐ Cranberries
- ☐ Dates
- ☐ Figs
- ☐ Goji berries
- ☐ Mango
- ☐ Mulberries
- ☐ Papaya
- ☐ Pineapple
- ☐ Prunes
- ☐ Raisins
- ☐ Sultanas

FLAVOURINGS & SWEETENERS

- ☐ Cacao beans (or nibs)
- ☐ Cacao powder (raw chocolate powder)
- ☐ Carob powder
- ☐ Coconut chips or flakes
- ☐ Mesquite powder
- ☐ Vanilla essence
- ☐ Vanilla pods
- ☐ Vanilla powder

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SUPERFOODS

- ☐ Aloe vera (or aloe ferox) juice
- ☐ Bee pollen
- ☐ Green powders (multi-ingredient blends)
- ☐ Hemp protein powder
- ☐ Maca powder
- ☐ Wheatgrass powder

HANDY ADDITIONS

- ☐ Almond butter
- ☐ Agar agar (natural gelling agent made from seaweed)
- ☐ Arrowroot powder (thickening agent)
- ☐ Brazil nut butter
- ☐ Cashew nut butter
- ☐ Dehydrated snacks (bars, cakes, cookies, etc.)
- ☐ Dehydrated vegetables mix
- ☐ Essential oils (must be food grade!)
- ☐ Flax crackers
- ☐ Halva
- ☐ Hemp butter
- ☐ Herbamare (organic vegetable salt seasoning)
- ☐ Kimchi
- ☐ Medicine flower extracts
- ☐ Miso
- ☐ Nama Shoyu (as for tamari)
- ☐ Nori sheets
- ☐ Olives
- ☐ Pecan butter
- ☐ Pumpkin seed butter
- ☐ Raw, dairy-free ice-cream
- ☐ Rice paper (steamed product)
- ☐ Sauerkraut
- ☐ Sea vegetables flakes mix
- ☐ Sprouted wheat bread
- ☐ Sundried tomatoes
- ☐ Sundried tomatoes in oil
- ☐ Sunflower seed butter
- ☐ Tahini (Sesame seed paste)
- ☐ Tamari (a wheat-free soy sauce)
- ☐ Vine leaves (often pasteurised)

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