

1-Hour to High-Vibe

# YOUR PROTEIN SOURCES

EAT CLEANER

PROJECT

This 1-hour kitchen upgrade project will help you cleanse, curate, and stock your kitchen with clean, high-vibe vegan protein sources. You'll create a dedicated protein pantry or shelf, eliminate low-quality or expired items, and bring beauty and variety to your protein game.

### STEP ❶ Clear Your Space

- Choose a shelf, drawer, or cupboard to become your dedicated protein station.
- Remove anything expired, processed, or that no longer feels aligned – protein or otherwise!
- Wipe down the area and make space for a fresh, intentional setup.
- Repeat the process with a space in your fridge and freezer as well.

### STEP ❷ Take Inventory

List what protein sources you already have, categorising as follows:

- Dry pantry: lentils, beans, seeds, protein powders, nuts.
- Fridge/freezer: tofu, tempeh, vegan yoghurt, edamame, seitan.
- Superfoods & upgrades: hemp hearts, sprouted powders, spirulina, fermented items.
- Check freshness and quality. Remove or replace anything stale, dusty or rarely used.

### STEP ❸ Curate Your Protein Collection

Aim for a balance of:

- Complete proteins (hemp, quinoa, buckwheat, tofu, tempeh).
- Complementary proteins (grains + legumes, nuts + seeds).
- Convenient grab-and-go options (roasted chickpeas, protein balls, bars).
- Supercharged boosters (chia seeds, spirulina, pumpkin seed protein).

### STEP ❹ Create Your Protein Pantry

- Use glass jars, baskets, or labelled containers to store your dry goods.
- Keep items you use daily at eye level or in accessible spots.
- Label jars clearly with names and expiry dates.
- Include a protein powder scoop station or smoothie basket if used regularly.
- Consider a fridge tray or basket for tempeh, tofu, vegan yoghurts and prepped beans.

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### STEP ❺ Order High-Vibe Upgrades

Choose 1–3 new protein items to bring new life to your protein game. (Suggestions below for inspiration.)

Suggestions include:

- Fermented tofu or tempeh (unpasteurised if possible).
- Pumpkin seed or watermelon seed protein powder.
- Sprouted lentil or mung bean snacks.
- Chickpea miso or fermented seed cheese.
- Protein bread.
- Edamame beans in pods (frozen).

### STEP ❻ Set Your Intention + Use Plan

How often do you want to rotate your protein sources (e.g., weekly or monthly)?

Create a visible checklist of proteins to incorporate each week. (See next page for template.)

Designate 1 day/week as ‘Protein Prep Day’ for batch cooking lentils, beans, or tofu. What day works best?

Add a post-it or planner reminder to buy/rotate new options monthly.

Revisit your shelf every 4–6 weeks to keep it inspiring and up to date.

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# MY GO-TO PROTEINS

| INGREDIENTS | PRE-MADE BY OTHERS |
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