30 DAY VEGAN CHALLENGE

Conscious Vegan Kitchen's
4-Week Plant-Based Journey

the workbook

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Introduction

Hi Love,

Welcome to the CVK 30-Day Vegan Journey.

Whether you're brand new to plant-based living, returning to the kitchen after a long break, or simply craving a deeper relationship with food—this is your invitation to reconnect.

But this isn't about perfection or performance.
It's about rhythm. Slowness. Intention.
It's about creating a kitchen that feels like home and remembering that food is more than fuel—it's relationship, ritual, and remembrance.

This workbook is your companion. A place to reflect, explore, cook, and root into this process in a way that's uniquely yours. You can move through it one week at a time or follow your own pace. You can print it or type directly into the digital version. You can write your reflections over tea, in the morning sun, or in the quiet after dinner.

Whatever way you show up—you're doing it right. And I'm so glad you're here.

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How to Use this Workbook

Weekly Rhythm:

Each week has a theme, a gentle challenge, a few recipes, a grounding practice, and a journal prompt. Use what speaks to you. Leave the rest.

Recipes:

You'll receive 3–5 seasonal recipes weekly. Adapt them based on what's available where you are. A seasonal swap guide is included.

Journal Pages:

These are for reflection, intention, and creative connection. Write, doodle, sketch, or paste in photos if you'd like.

Grounding Practices:

Use the written guidance or follow the optional audio links to bring a moment of pause into your kitchen each week.

Flexibility:

This isn't a strict 30-day plan. It's a 4-week rhythm you can begin anytime. Let it unfold gently.

Before You Begin

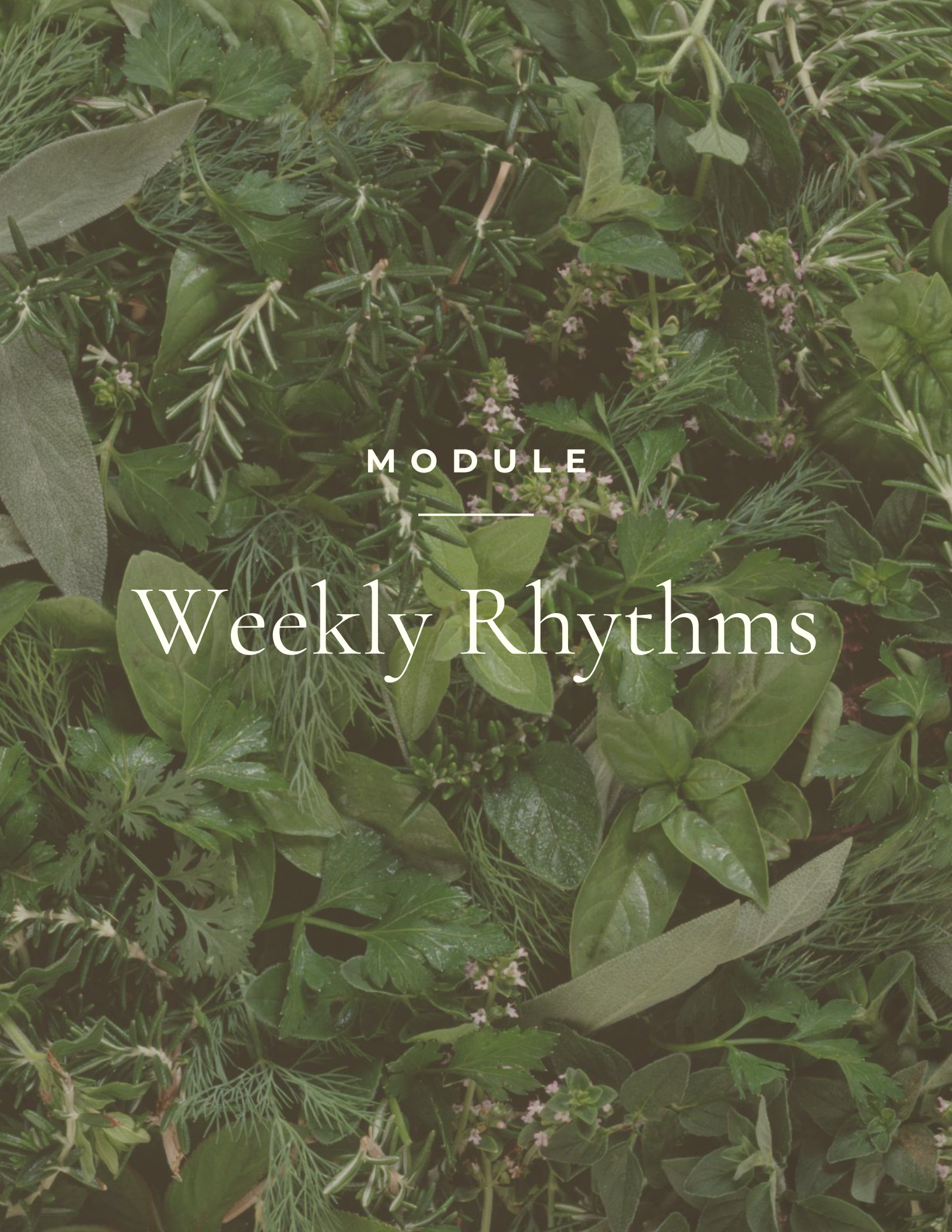
Here's a space to ground into your "why."

WHY AM I HERE?:

What called me to this journey?

WHAT DOES NOURISHMENT MEAN TO ME RIGHT NOW?

Try to answer without overthinking. Let your body speak.



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Weekly Rhythms

WEEK ONE:
GROUND & BEGIN

"Begin where you are. Use what you have. Do what you can."
— Arthur Ashe

Week One: Weekly Intention

This week is about arriving—with your breath, your body, and your kitchen.

It's a time to create space, cook simply, and begin to notice how nourishment feels—not just how it looks.

There's nothing to prove here. No pressure to change everything overnight. Just one foot in front of the other, one breath at a time, one pot on the stove.

GENTLE CHALLENGE

Create one grounding food ritual this week.

Maybe it's:

- Cooking without music or distractions
- Lighting a candle or blessing your ingredients
- Sitting for one meal in silence
- Making your space feel calm, even just for 10 minutes

Small acts.
Big medicine.

GROUNDING PRACTICE

4-4-6 Breath for Grounding

• Inhale slowly for 4 counts
• Hold gently at the top for 4 counts
• Exhale for 6 counts
• Repeat 3–5 times, or as needed

Use this before cooking, eating, or anytime you feel rushed or disconnected.

Want to listen instead?

Recipe Notes for Week One

This week's meals are meant to **ground** and **soothe**.

Choose what resonates, and make seasonal swaps based on what's available where you are.

Suggested Recipe Types:

Find recipes for this week in appendix

- [ ] Warming soup or stew
- [ ] Root vegetable/grain bowl
- [ ] Lemony tahini dressing
- [ ] Lightly sautéed greens or steamed vegetables
- [ ] Tea or elixir for after meals

My Recipe Notes — Week 1 / Seasonal Swap Ideas I Tried

Journal Prompt

What does nourishment mean to me this week?
Try to go deeper than “eating healthy.”
Does it feel like slowing down? Making something warm?
Asking for help? Saying no?

WEEK TWO:
NOURISH THE EVERYDAY

"Joy is not in things; it is in us."
— Richard Wagner

Week Two: Weekly Intention

This week is about flow.
Let nourishment be something that weaves gently into your day. Rituals don't need to be elaborate. Support can be as simple as preparing a pot of soup or taking a quiet breath before you begin.

Find the rhythm that brings you ease. One that lets you feel held, even in the midst of a full life.

GENTLE CHALLENGE

Try batch cooking one thing.
Choose a single element to anchor your meals this week:

- A soup or stew
- A grain for easy bowls
- A favorite sauce or dressing
- Roasted vegetables
- A bean dip or spread

Let it live in your fridge like a soft promise—something that says, you are cared for.

GROUNDING PRACTICE

Hand-on-Heart Check-In

Place your hand over your heart. Close your eyes. Take one long, steady breath.

Ask: What do I need today?

Not from your to-do list—deeper than that.

Let the answer rise and shape how you nourish yourself.

Recipe Notes for Week Two

These meals are here to bring **steadiness** and **simplicity** into your day. Repeat what you love. Let the ingredients shift with the season.

Suggested Recipe Types:

Find recipes for this week in appendix

- [ ] Grain or noodle bowls with seasonal vegetables
- [ ] A versatile dressing
- [ ] Roasted or steamed vegetables
- [ ] One-pot meals
- [ ] A spread or snack to reach for throughout the week

My Recipe Notes — Week 2 / Simple combinations I love

Journal Prompt

What would it look like to feel supported in my kitchen?
Imagine freely. Describe what it feels like, sounds like, smells like.
Let the vision guide your steps—whether that means clearing a shelf, lighting a candle, or saying yes to help.

This week, I gave myself permission to: _____

WEEK THREE: RECONNECT & RECLAIM

"When we heal our relationship with food, we heal generations."
— Unknown

Week Three: Weekly Intention

This week is about remembering.

Food connects us to place, to memory, to lineage. Sometimes those stories are rich and vivid. Sometimes they've been lost, interrupted, or complicated. Either way, we carry them.

Reconnection doesn't always come with answers—it might come through scent, through flavor, through a quiet stirring in your chest while cooking. This is the week to let those stirrings guide you. To reclaim something that belongs to you.

GENTLE CHALLENGE

Cook one meal inspired by your lineage—or someone else's.

- *Choose a dish that speaks to your roots, or to roots you admire.*
- *Use your hands. Add your own herbs. Make it your own.*
- *Let the process be the point.*

GROUNDING PRACTICE

Memory Through the Senses

- *Close your eyes. Bring to mind a time you were fed with love.*
- *It might be a grandparent's kitchen, a friend's table, or a moment of deep care.*
- *What do you smell? Hear? Taste?*
- *Breathe into the memory. Let it feed you.*

Recipe Notes for Week Three

This week's meals carry a **slower rhythm.**

They're meant to simmer, to steep, **to connect.**

Suggested Recipe Types:

Find recipes for this week in appendix

- [ ] Greek-inspired or Mediterranean bowls
- [ ] Stewed beans or lentils with seasonal greens
- [ ] Lemon rice/herbed grain dishes
- [ ] Dips like fava, white bean, or walnut-based spreads
- [ ] Herbal teas or digestive sips for closing your meal

My Recipe Notes — Week 3: Family/Cultural Inspirations

Journal Prompt

What am I reclaiming through food?

This might be something you never received. Or something you're returning to.

Let the words come like a slow pour. Let them surprise you.

A memory I want to honor:

WEEK FOUR: INTEGRATION & CELEBRATION

"Take your time, but don't waste your time."
— Unknown

Week Four: Weekly Intention

This week is an honoring. A soft pause to take in all that's shifted —inside and out.

Integration doesn't mean doing more. It means allowing what you've practiced to settle into your life. This is where rhythm becomes ritual. Where cooking becomes care.

Where you carry forward what nourishes—and release what no longer does. Let this week be simple, satisfying, and celebratory.

GENTLE CHALLENGE

Host a mini feast—for yourself, or with someone you love.

- No need to be elaborate.
- It might be a cozy dinner with a friend, a solo lunch by a sunny window, or a plate arranged with tenderness.
- Light a candle. Play music. Offer gratitude for the journey.
- Let this meal mark your transition.

GROUNDING PRACTICE

Gratitude Walk

- *Take a short walk—around the block, through your home, or even from your kitchen to your table.*
- *As you walk, name aloud/silently, things you're grateful for.*
- *Begin with your senses. Then your body. Then your kitchen. Then your path.*
- *Let this practice close the loop and plant new seeds.*

Recipe Notes for Week Four

These meals are meant to feel **grounding**, **abundant**, and **easy to love**.

Pick one to center your mini feast. Or revisit a favorite from the past three weeks.

Suggested Recipe Types:

Find recipes for this week in appendix

- [ ] Herbed grain or rice dishes
- [ ] A celebratory stew or baked dish
- [ ] A vibrant dip or sauce to gather around
- [ ] A seasonal dessert or sweet tea
- [ ] A cleansing or calming herbal infusion

My Recipe Notes — Week 4: Celebration Meal Reflections

Journal Prompt

What has shifted in my relationship with food?
Reflect on what you've reclaimed, softened, or opened to during this journey.
Notice what feels lighter. What feels more rooted.

My next season of nourishment will include:

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Final Reflections

Closing Reflection

You've walked through four weeks of remembering.
Of grounding, nourishing, reclaiming, and integrating.

You've stirred pots with care.
You've paused between breaths.
You've softened into rhythm—and found small ways to return to yourself.

You've reconnected with food, but this time at your own pace.
Maybe you noticed what supports you. Maybe you let go of something that no longer does.

Maybe a quiet ritual emerged. Or an old belief began to loosen its grip.

The next couple of pages are here for gathering.
For honoring what shifted—subtly or significantly.

For listening to what's asking to stay, and what might evolve as the seasons change.

Let this be a soft pause before you look ahead.

A pause that allows to to journey towards what's already unfolding.

How has your rhythm shifted?

A gentle check-in to notice what's shifted.

Choose what resonates—or add your own.

When it comes to preparing meals, I now:

- Feel more rooted and confident in my kitchen
- Have a few new rituals I'm growing into
- Still feel rushed, but I want to slow down

The part of this journey that stayed with me most was:

- Cooking with seasonal and fresh ingredients
- Creating small rituals around food
- Reclaiming a connection to culture or ancestry

What I need most moving forward is:

- Gentle structure and rhythm in the kitchen
- Fresh inspiration and new recipes
- Space to integrate and trust my own flow

My next season of nourishment might include:

- Taking a live or on-demand cooking class
- Returning to these recipes with new ingredients
- Listening more closely to what my body is asking for

Final Reflection Prompts

What changed for me—internally or externally—during these four weeks?

What surprised me about my relationship with food, my body, or my kitchen?

What do I want to carry forward into the next season of my life?

Looking Ahead: What's Next?

You're continuing—with a little more rhythm, a little more trust, and a deeper sense of care.
If this journey opened something for you and you're ready to keep nourishing your path, there are ways to stay connected:

1

Live Cooking Classes
Seasonal, simple, soulful. Cook with me in real time.

2

Private 1:1 Coaching
Personalized support for your plant-based lifestyle, cooking rhythm, and kitchen rituals.

3

On-Demand Library
Take past workshops at your own pace. Perfect for returning to grounding practices or favorite recipes.

Stay close for what's coming...
A new course is on the horizon—crafted especially for those navigating full lives who want to cook with intention and rhythm. You'll be the first to hear when it's ready.

Final Words

If this journey spoke to you, I invite you to join us for a plant-based retreat rooted in the pillars of Conscious Vegan Kitchen. Together, we cook with intention, connect to the land, and nourish ourselves through rhythm, rest, and ancestral wisdom.

EXPLORE UPCOMING RETREATS

Thank you for trusting me to walk this path with you.
Thank you for showing up with presence, even when life was full.
This is the kind of nourishment that ripples outward—not just through meals, but through the way we live.
I hope your kitchen feels more like home now.

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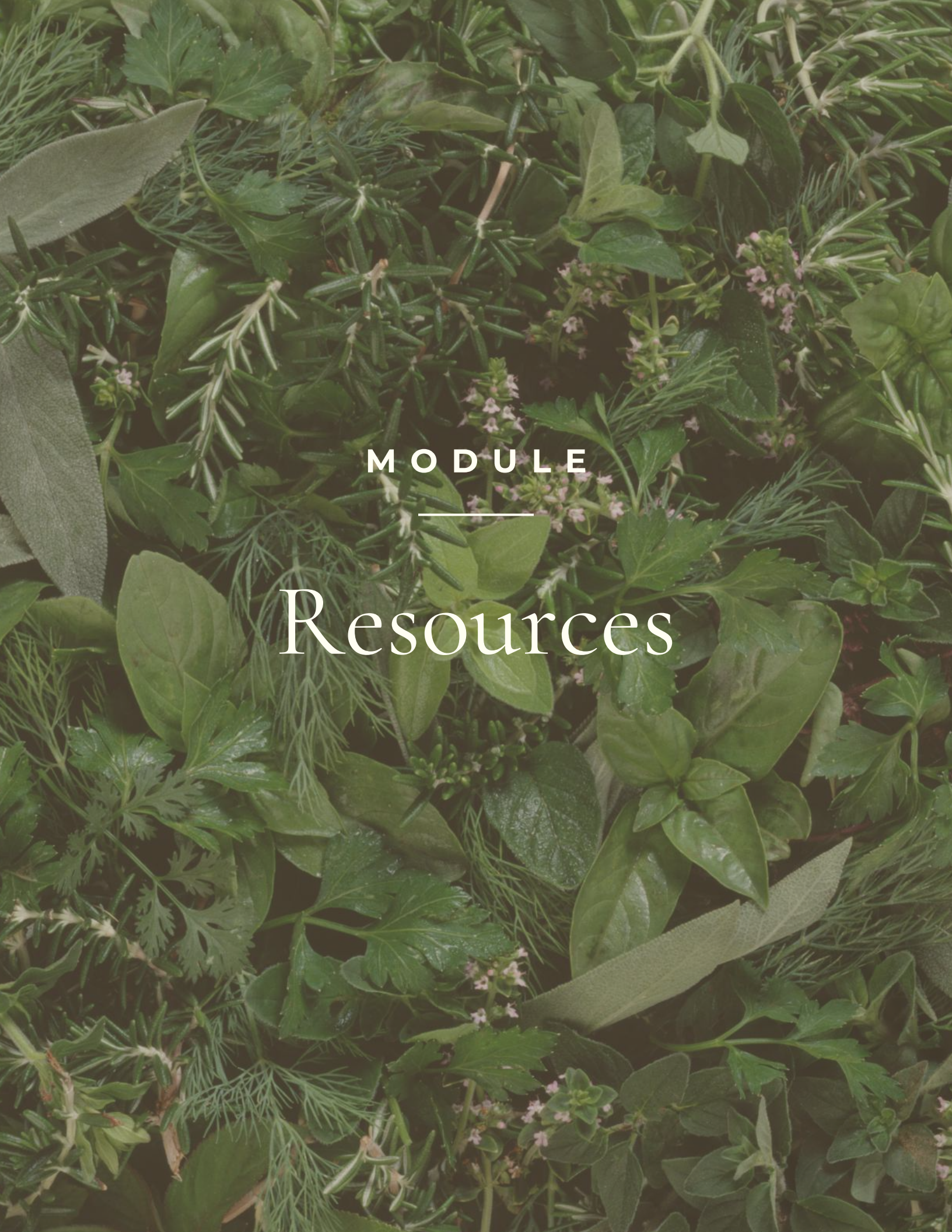

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Resources

Resources

This final section is here to support your rhythm beyond the challenge. You'll find a curated collection of seasonal recipes, planning and reflection pages to help you stay connected to your kitchen, and a simple guide for ingredient swaps as the seasons shift. Use these tools however they serve you—gently, intuitively, and in alignment with where you are.

WEEKLY RECIPES

Explore seasonal, CVK-aligned recipes organized by week to help you stay grounded and inspired in the kitchen.

PLANNING & REFLECTION

Use the blank weekly and monthly planners, along with lined pages, to map your meals, track your rituals, or simply reflect.

SEASONAL SWAPS

Learn how to intuitively substitute ingredients while staying rooted in nature's cycles.

For more resources check out our website consciousvegankitchen.com

YOUR GO TO

WEEK 1 RECIPES

SPRING DETOX TEA

A GENTLE HERBAL INFUSION TO SUPPORT DIGESTION AND AWAKEN THE BODY AT THE START OF A NEW SEASON. SIP SLOWLY AND LET IT MARK THE BEGINNING OF A DEEPER RHYTHM.

CREAMY BROCCOLI & "CHEDDAR" SOUP

THIS BLENDED SOUP IS COZY AND RICH, WITH EARTHY BROCCOLI AND A BRIGHT, PLANT-BASED CHEDDAR FLAVOR. A GROUNDING BOWL FOR MOMENTS WHEN YOU NEED WARMTH AND STEADINESS.

VEGAN "CANDIED" YAMS

ROASTED YAMS COATED IN A NATURALLY SWEET, SPICED GLAZE THAT COMFORTS WITHOUT HEAVINESS. ROOTED AND NOURISHING, THEY'RE PERFECT FOR QUIET EVENINGS OR GROUNDING MEALS.

GREEK WILD GREENS (HORTA)

BITTER GREENS GENTLY STEAMED AND FINISHED WITH LEMON AND OLIVE OIL. A CLEANSING, ANCESTRAL DISH THAT INVITES YOU TO HONOR SIMPLICITY AND THE LAND.

YOUR GO TO

WEEK 2 RECIPES

PUMPKIN HUMMUS

A CREAMY, LIGHTLY SPICED DIP MADE WITH PUMPKIN AND TAHINI—PERFECT FOR SPREADING, DIPPING, OR SPOONING INTO BOWLS. BALANCED AND BATCHABLE, IT BRINGS EASE TO ANY DAY.

VEGAN TZATZIKI

COOLING AND HERBACEOUS, THIS CUCUMBER YOGURT-STYLE DIP IS REFRESHING AND BRIGHT. IT ADDS A BURST OF FLAVOR TO BOWLS, WRAPS, OR ROASTED VEGETABLES.

VEGAN CHICKPEA "TUNA" SALAD

A SAVORY, TEXTURED CHICKPEA MASH FLAVORED WITH LEMON, DILL, AND PLANT-BASED MAYO. A STAPLE FOR LUNCHBOXES, TOAST, OR LEAFY WRAPS WHEN YOU NEED SOMETHING QUICK AND SATISFYING.

VEGAN TOFU QUINOA SCRAMBLE BOWL

PROTEIN-RICH TOFU AND QUINOA LAYERED WITH SEASONAL VEGETABLES AND SPICES. A HEARTY, NOURISHING BREAKFAST BOWL TO GROUND YOUR MORNINGS.

YOUR GO TO

WEEK 3 RECIPES

VEGAN TOMATOKEFTEDES

TOMATO FRITTERS FROM SANTORINI MADE WITH FRESH HERBS, FLOUR, AND FRIED TO GOLDEN PERFECTION. CRISPY OUTSIDE, TENDER INSIDE, AND DEEPLY ROOTED IN GREEK CULINARY MEMORY.

GREEK FASOLADA SOUP

A CLASSIC GREEK WHITE BEAN SOUP WITH LEMON AND OLIVE OIL—HUMBLE, HEARTY, AND FULL OF FLAVOR. IT INVITES SLOWNESS AND FILLS THE KITCHEN WITH THE SCENT OF HOME.

VEGAN SPINACH & ARTICHOKE DIP

A RICH, CREAMY PLANT-BASED VERSION OF A NOSTALGIC FAVORITE. MADE FOR SHARING, GATHERING, OR DIPPING WARM BREAD WHILE CONNECTING WITH OTHERS (OR YOURSELF).

CREAMY ONE-POT TOMATO ORZO PASTA

TENDER ORZO IN A VELVETY TOMATO SAUCE, FINISHED WITH HERBS AND BRIGHTNESS. ONE POT, ONE BOWL, MANY LAYERS OF FLAVOR AND COMFORT.

YOUR GO TO

WEEK 4 RECIPES

CAJUN BATTERED "SHRIMP"

CRISPY, GOLDEN, AND BOLD—THESE BATTERED OYSTER MUSHROOMS PACK HEAT AND CRUNCH. A PLAYFUL, FESTIVE DISH MADE FOR GATHERING OR FEASTING SOLO WITH FLAIR.

WATERMELON SHASHIMI BOWL

MARINATED WATERMELON SLICES LAYERED OVER RICE WITH FRESH VEGETABLES AND HERBS. LIGHT, BRIGHT, AND GROUNDING—THIS VIBRANT BOWL CELEBRATES SUMMER'S ABUNDANCE.

VEGAN STRAWBERRY "SHORTCAKE"

FRESH STRAWBERRIES SERVED WITH SOFT COCONUT WHIPPED CREAM FOR A NATURALLY SWEET, JOYFUL TREAT. LIGHT AND LUSCIOUS, IT'S A PERFECT ENDING TO A NOURISHING SEASON.

VEGAN FRENCH ONION SOUP

DEEPLY CARAMELIZED ONIONS IN A RICH, SAVORY BROTH—SLOW-SIMMERED AND LAYERED WITH COMFORT. A HEART-OPENING DISH THAT INVITES STILLNESS AND WARMTH.

Monthly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Weekly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes

Notes

Notes

Notes

SWAPPING SEASONAL INGREDIENTS

A guide to listening, adjusting, and staying rooted in the rhythm of nature.

This list offers a few intuitive swaps so you can adapt the recipes in this workbook to match the season you're in. Let it be a starting point—not a rulebook. Feel free to follow what's fresh, local, and calling to you.

Trust intuition.

Rooted & Warming

As the air cools and days darken, our bodies crave warmth, depth, and grounding. These swaps trade crisp, cooling ingredients—like cucumbers, tomatoes, and fresh herbs—for heartier, denser vegetables and warming herbs that support digestion and stability through fall and winter.

SUMMER	FALL/WINTER
TOMATOES	*ROASTED SQUASH OR SWEET POTATOES*
CUCUMBERS	*FENNEL OR CELERY*
ZUCCHINI	*CARROTS OR PARSNIPS*
FOR	
RADISHES	*TURNIPS OR ROASTED BEETS*
FRESH BASIL/MINT	*SAGE, THYME, OR ROSEMARY*

Light & Uplifting

Spring invites a gentle reset. After the heaviness of winter, we begin to crave freshness—bitters, greens, and ingredients that awaken digestion and gently energize the body. These swaps move you from dense or deeply cooked foods toward tender, bright, and slightly bitter springtime nourishment.

FALL/WINTER		SPRING
SQUASH OR POTATOES		*ASPARAGUS OR SNAP PEAS*
KALE OR CHARD		*DANDELION GREENS OR BABY SPINACH*
ONIONS		*LEEKS OR GREEN GARLIC*
HEARTY DIPS	*FOR*	*LIGHT HERB SAUCES*
ROASTED ROOTS		*LIGHTLY STEAMED OR SAUTÉED GREENS*

Cooling & Vibrant

Summer is expansive—fiery, fast-moving, and bright. This is the time to lean into hydrating, raw, and vibrant foods that help cool the system and prevent burnout. These swaps bring a refreshing lift to your meals and lighten the body through the heat.

SPRING		SUMMER
BEETS OR CARROTS		*CHERRY TOMATOES OR BELL PEPPERS*
COOKED GRAINS		*COLD QUINOA OR LENTIL SALADS*
BROCCOLI SOUP	*FOR*	*CHILLED CUCUMBER OR ZUCCHINI SOUP*
HOT TEA		*ICED HERBAL INFUSIONS*
HEARTY STEWS		*GRILLED OR FRESH VEGETABLE PLATES*