



— PURE —

Whole-Food & Plant-Based Support



Workbook

Module One

Prepare Your Kitchen

Kitchen Check

Remove these items. Check each off as you complete your assessment of your supplies.

- ☐ Sugar and sugar substitutes
- ☐ Gluten
- ☐ Caffeine (Coffee, soda, teas with caffeine, etc)
- ☐ Dairy
- ☐ Mean (heavy meat eaters see pg. 11)
- ☐ Processed Foods
- ☐ Soda
- ☐ Nicotine

Grocery Shopping

Add in these items to your kitchen. You can use this list to help you while grocery shopping. Avoid foods that have pesticides or fertilizers.

Stevia
Greens
Fruits
Water
Lemon
Vitamins
Legumes
Nuts and seeds
Herbal Teas

Why have you chosen a plant-based diet?

Understanding why you are wanting to make a change in your diet will help you to be successful with the process. Take a few moments to reflect and write down what has motivated you or the reasons behind the change to a plant-based diet.

[illegible]

Goals

What have been some of your biggest frustrations surrounding food and your health?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Goals

What have you tried up to this point? Was anything successful? How did you feel afterwards?

[illegible]

Goals

What do you hope to accomplish by switching to a plant based diet?

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Goals

Do you have a good support system in place as you transition to plant based?

Are there others in your home who will be making the change as well or will they eat a different diet?

Goals

If they are eating a different diet, what challenges do you foresee with that?

How will you overcome those challenges?

Goals

Write down one big picture goal. (10-15 years in the future)

Thinking of your big picture goal, what is one goal that works towards that big picture goal in the 2-3 years?

Thinking of the 2-3 year goal, what is one achievable goal that you could complete towards that goal in 2-3 months?
