
The No-Guesswork Plant Kitchen

This kitchen section isn't a diet to follow to the letter. It's a set of examples showing what the five things in the Minimum Kit (Chapter 14) look like on a real table: B12, iodine, beans at every main meal, tea away from meals, a calcium shield. Swap dishes, days and ingredients for whatever your local market has.

How to use the menus and recipes

- Portions use the hand guide from Chapter 3: a palm of tofu or a fist of cooked beans at each main meal, a fist of grains, two cupped hands of vegetables.
- The book gives no calories or nutrient grams. Each recipe just says which blind spots it's **strong on**.
- Recipes serve four. Many keep for two or three days in the fridge, so the menus often reuse leftovers.
- If you have chronic kidney disease, ask your doctor before eating a lot more beans, vegetables and fruit (Chapter 13).

A plant pantry that covers you

- **Protein:** dried or canned beans (lentils, chickpeas, black beans, white beans), tofu, tempeh, soy milk; eggs and dairy if you eat them.
- **The shield:** plant milk fortified with calcium, B12 and iodine (read the label); calcium-set tofu (calcium sulphate or calcium chloride on the label); B12-fortified nutritional yeast if you like the taste.
- **Grains:** brown rice, oats, millet, wholemeal bread, rice noodles, pasta.
- **Fruit and vegetables:** cabbage-family greens (bok choy, kale, broccoli); vitamin C-rich produce (peppers, tomatoes, oranges, guava, kiwi, lemons and limes).
- **Good fats and seeds:** vegetable oils, walnuts, ground flaxseed, chia seeds, sesame or tahini, peanuts.

- **Seasonings:** iodised salt, ginger, dried mushrooms, soy sauce, miso, dried spices.

Three kitchen rules

1. **Dried red kidney beans:** soak for at least five hours, drain, then boil hard for at least ten minutes before simmering. Don't start dried kidney beans in a slow cooker. Canned beans are already cooked and safe to use (Chapter 9).
2. **Tea and coffee between meals,** not with them (Chapter 6).
3. **Season with iodised salt, in moderation.** Ready-made plant foods, soy sauce and miso are already salty; taste before adding salt (Chapter 10).

For religious vegetarians: many recipes use onion and garlic. For Buddhist vegetarian cooking that avoids the five pungent plants, leave out onion and garlic and use ginger, mushrooms, coriander and pepper instead. For Jain cooking, leave out root vegetables and choose recipes without potato, carrot or fresh ginger.