

Vegan Kitchen Essentials Checklist

Setting up your plant-based kitchen

VeganPreps

About This Checklist

You do not need a fancy kitchen to cook great vegan food. This checklist covers the cookware, tools, appliances, and storage containers that handle 90% of plant-based cooking. Items marked "optional" are nice to have but not required to get started.

How to Use It

- Check off what you already own
- Pick up missing essentials over your next few shopping trips
- Start with cookware and tools first, add appliances later
- Good storage containers are worth the investment for meal prep

BUDGET TIP

Check thrift stores and estate sales for cast iron pans, mixing bowls, and glass containers. These items last decades and cost a fraction of retail price when bought secondhand.

For recipes you can make with these tools, visit veganpreps.com.

Kitchen Essentials

Everything you need to set up a plant-based kitchen. Check off what you have, shop for the rest.

COOKWARE

- | | |
|---|--|
| ☐ Large pot (6–8 quart, for soups, pasta, and grains) | ☐ Baking sheet (rimmed, for roasting vegetables and tofu) |
| ☐ Skillet or frying pan (10–12 inch, non-stick or cast iron) | ☐ Saucepan (2–3 quart, for sauces and reheating) |
| | ☐ Wok (optional, for stir-fries) |

TOOLS

- | | |
|---|--|
| ☐ Chef's knife (8 inch) | ☐ Mixing bowls (set of 3, small/medium/large) |
| ☐ Cutting board (large, wood or plastic) | ☐ Spatula (heat-resistant silicone) |
| ☐ Colander (for draining pasta, rinsing beans) | ☐ Whisk |
| ☐ Measuring cups (dry and liquid) | ☐ Vegetable peeler |
| ☐ Measuring spoons | ☐ Can opener |

APPLIANCES

- | | |
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| ☐ Blender (for smoothies, soups, sauces) | ☐ Rice cooker (optional, saves time on grains) |
| ☐ Food processor (optional, for hummus, dips, chopping) | ☐ Tofu press (optional, removes water for crispier tofu) |

STORAGE

- | | |
|--|---|
| ☐ Glass containers with lids (set of 5–10, various sizes) | ☐ Freezer bags or silicone bags (reusable preferred) |
| ☐ Mason jars (for overnight oats, dressings, dry goods) | ☐ Parchment paper (for baking sheets, prevents sticking) |

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