

inner
Glow
getter

FENG SHUI

YOUR KITCHEN

FENG SHUI YOUR KITCHEN

Have you ever heard of feng shui? (Randy)

Yeah. It's the "put the mirror on your door and sleep in the right direction" bullshit. (Steele)

My view on Feng Shui: "Don't put your bed in front of the door because you won't get in" – James Ericksson

The most important thing to understand is that feng shui is really about the energy that's surrounding you in your personal space. –Lillian Too

Whatever your thoughts on Feng Shui, I think we can all agree that a good feeling kitchen can lead to more enjoyment of using the space to cook and enjoy more nourishment.

In this guide, I am going to introduce you to some of the basic principles of Feng Shui and leave you with some simple checklists on creating an organized, clean, and create an inspired space for you to maximize your meal planning for yourself and your family and friends.

For more in depth approach to Feng Shui, please check out my dear friend Patricia Lohan's (patricialohan.com) resources and tips to set yourself for even more success!

Here's to a wonderful journey ahead,

Chef Kristin

AN INTRO TO FENG SHUI

The kitchen is the heart of the home. It is the hub of health and prosperity and how you set up your kitchen can also affect the relationships you hold with yourself and other family members. To create a space that is conducive to love and prosperity as well as health is a vital part of your nourishment as in Feng Shui problems in this area of the home can have an impact on your whole family.

The goal is to create an inspired place for nourishment, a compelling place to create new recipes and enjoy the act of organizing your family's meals.

One of the key elements of good feng shui in the kitchen is cleanliness. A crowded and dirty kitchen will disrupt your wellness and have an effect on the quality of the nutritional value of your meals. And in Feng Shui, not eating a nutritious diet is known to afflict with your capability to work and earn money and cultivate healthy relationships. So let's get organized, shall we?!

By the end of this assignment you will have completed the following:

- TAKE MY BEFORE PICTURE(S) OF MY KITCHEN
- COMPLETE FENG SHUI CHECKLIST
- MAP OUT NEW INSPIRED KITCHEN SPACE
- GET NEW CONTAINERS AND ACCESSORIES TO SUIT MY NEW SPACE
- COMPLETE STOCK PANTRY ASSIGNMENT
- CREATE MY MASTER REFRIGERATOR ORGANIZER
- CREATE MY NEW MEAL PLAN FOR THE WEEK BASED ON YOUR FENG SHUI MENU PLANNER GUIDE
- TAKE MY AFTER PICTURES
- SHARE MY BEFORE AND AFTER PICS IN THE FB COMMUNITY

Here's to your success in Feng Shui'ing your Kitchen!

Chef Kristin

FENG SHUI CHECKLIST

Schedule in a day, a weekend or several hours throughout the period of a month to set your kitchen up for ultimate success. Complete the following checklist to

1 General Kitchen Cleanout

- ☐ Declutter Countertops (minimal electronics)
- ☐ Clean All Dishes and Put Away
- ☐ Wash Floors
- ☐ Replace Worn Out or Overused Sponges or Kitchen Towels
- ☐ Replenish Soap Dispensers
- ☐ Clean Windows
- ☐ Remove Anything that does not Belong in the Kitchen, ie. Office Supplies, Bathroom Belongings, etc.

2 Throw Away/Recycle/Donate

- ☐ Spices over 1 year old
- ☐ Flours over 6 Months Old
- ☐ Food that has been in the Freezer for More than 6 Months
- ☐ Tupperware Containers with Mismatched Lids
- ☐ Old Unused Pots
- ☐ Pots/Pans with Scratches
- ☐ Broken or Electronically Dysfunctional Kitchen Equipment

3 Cupboards

- ☐ Remove ALL Dishware, Pots, Pans, Tupperware, Glassware etc. from Cupboards
- ☐ Clean Cupboards with Mild Soap and Water
- ☐ Place Dishware, Pots, Pans, etc. back in an organized fashion

4 Refrigerator Clean out and Organization

- ☐ Remove Magnets from Refrigerator (Creates Draw to Overeat) and Clutters Refrigerator
- ☐ Remove and throw away all Old Condiment Containers
- ☐ Throw away any Old Food

5 Oven and Stove

- ☐ Deep Clean Oven
- ☐ Deep Clean Stove

6 Pantry Management

- ☐ Remove all Old and Unused
- ☐ Wipe Down all Cupboard Space
- ☐ Throw Away Anything Older than 6 months to a Year
- ☐ Make List of Containers/Baskets and Other Items for Better Storage
- ☐ Replace Items in an Organized Manner

7 New Containers and Top up

- ☐ Purchase Matching Containers for Pantry to Store Nuts, Seeds, Grains, Snacks, Dried Goods

8 Beautify

- ☐ Purchase Nice Soap Dispenser to Store Soap In
- ☐ Post Positive Household Sayings on Walls to Reflect the Values of the Household or Food Imagery
- ☐ Fresh Flowers or Plants on Kitchen Table
- ☐ Bamboo or Greenery in Kitchen
- ☐ Herb Pot Brings Life to the Kitchen and Allows you to have Easy Access to Fresh Herbs for your Dishes
- ☐ Bowl for Fresh Fruits and Vegetables, include yellow and orange in the fruit bowl. (*lemons and oranges are perfect for this*)
- ☐ Minimize the Color Red in the Kitchen: Can Cause Overabundance of Fire Element in the Kitchen, Resulting in Frustration and Arguments in the Space.
- ☐ Stainless Steel or Reflective Tea Kettle is Known to Attract good Chi in the Kitchen. The reflective properties signifying the Doubling of Abundance, Wealth and Prosperity.

9 Set yourself up for Success

- ☐ Create a Weekly Cleaning Schedule or Checklist, including Garbage removal Days, Grocery Days, Prep Days, etc.
- ☐ Post a Pad of Paper where You can Easily Write Down Grocery Lists

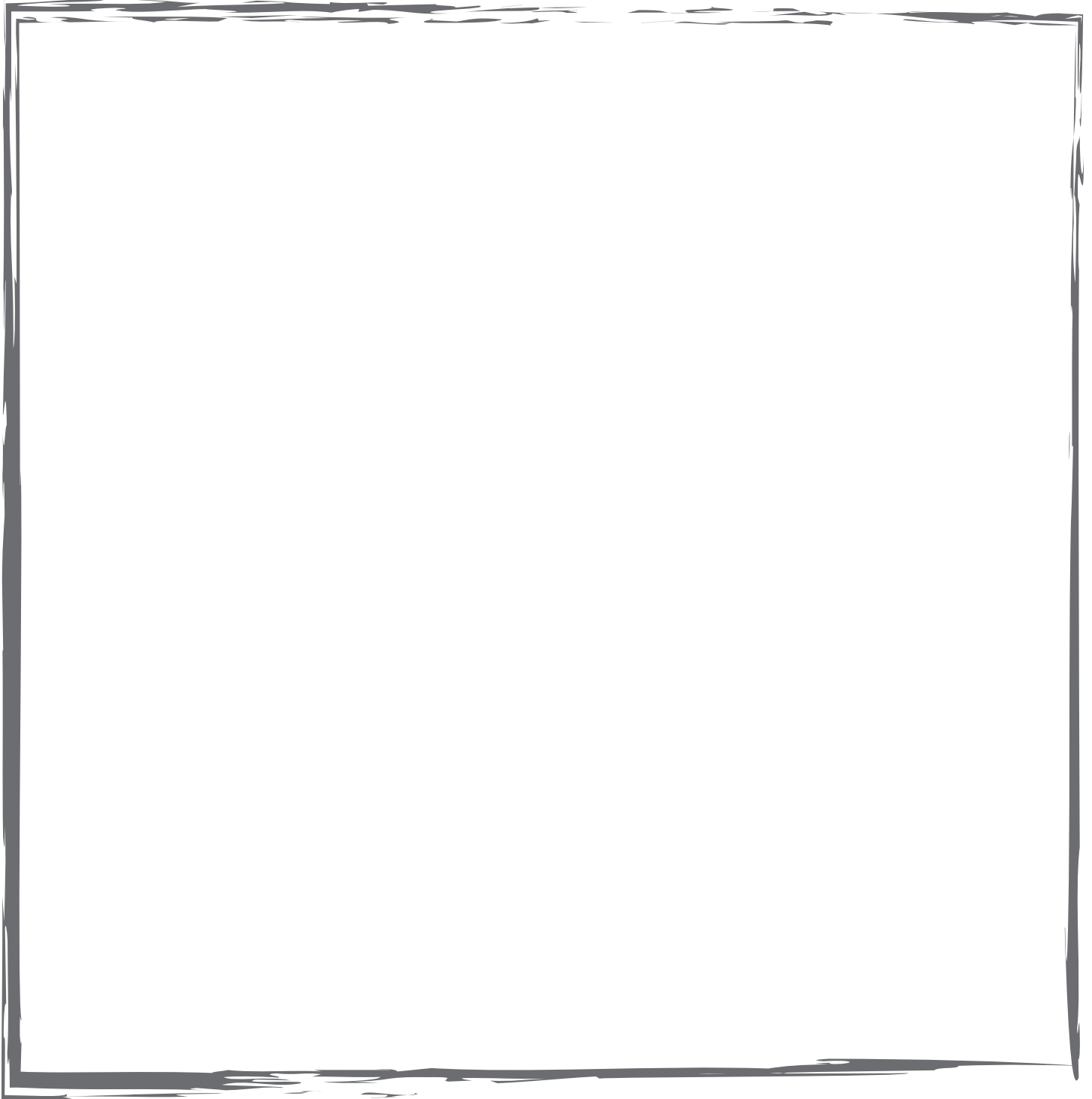
MY INSPIRED KITCHEN

It's fun to create and get inspired to move one step closer to your dream kitchen. The first step is to come up with a vision for your kitchen.

Take a few minutes to peruse pinterest boards and print off pictures that inspire you.



My Pinterest board pics:



My list of inspired actions new containers and actions to achieve my inspired kitchen are:

Containers to Purchase:

1. _____
2. _____
3. _____

Items to Beautify My Space:

1. _____
2. _____
3. _____

STOCK YOUR PANTRY

Having your pantry stocked with goodness and ready to go for easy meal creation is a must! Have a look through the list below:

Protein Powder (plant based versions)

VEGA Brand (Hemp)	SunWarrior (Brown Rice)	Avena RP3
-------------------	-------------------------	-----------

Oils

Coconut Oil (for cooking)	Extra Virgin Olive Oil (for Dressings)	Sesame Oil
---------------------------	--	------------

Other acceptable oils: Flax Oil, hemp oil

Pantry Items

Cans of Coconut Milk	Jars of Salsa	Cans of Chickpeas
Cans of Cannelini Beans	Organic Corn Tortilla Chips	Gluten free Pastas
Pasta Sauce	Vegetable Stock for Soups	Nori Sheets
Rye Crackers	Rice Crackers	Organic Popcorn
Coconut Flakes	Dark Chocolate Chips	

Always on Hand in Pantry:

Garlic	Onions (White or Yellow and Red)	Ginger
Fresh Red Chili	Yams or Sweet potatoes	

Nuts and Seeds (select a minimum of 4-5 variations minimum – YOUR faves, avoiding ones with allergies of course)

Hemp Seeds	Sunflower Seeds	Sesame Seeds
Cashews	Walnuts	Almonds
Pecans	Pine Nuts	

Gluten Free Grains and Pastas (Select 3 or 4 to start)

Quinoa	Amaranth	Jasmine or Basmati Rice
Kasha, Soba or Couscous	Oats (gluten free)	

Dried Legumes

Red Lentils	Black Beans	Cannellini Beans
-------------	-------------	------------------

Acceptable Flours and Baking Supplies

Brown Rice Flour	Coconut Flour	Gluten Free Flour Blend
Baking Soda	Aluminum free Baking Powder	Vanilla Extract

Staple Seasonings to Start

Sea Salt	Pepper	Rosemary
Curry Powder	Cumin Powder	Cinnamon
Bay Leaves	Chili Powder	

A-Z Full seasonings

Allspice	Basil	Cardamom
Cayenne	Cilantro	Clove
Coriander	Dill	Fennel
Garlic Powder	Kaffir Lime Leaves	Marjoram
Mustard Seed	Onion Powder	Oregano
Star Anise	Thyme	

Condiments/Refrigerator Staples

Organic Ketchup	Apple Cider Vinegar	Balsamic Vinegar
Grainy Mustard	Wheat Free Tamari or Nama Shoyu	Apple Sauce
Hummus	Almond Butter	Tahini (sesame seed butter)
Peanut Butter	Miso Paste	Fresh Lemons/Limes

Acceptable Sweeteners

Honey (<i>Unpasteurized, Local Preferred</i>)	Maple Syrup	Dates
Raisins	Figs	Stevia (<i>NO glycemic index - suitable for diabetics</i>)

Superfoods

Raw Chocolate	Maca	Chia Seeds
Spirulina (or E3Live Brand)	Goji Berries	Matcha Powder

Acceptable Beverages

Sparkling Perrier Water	Herbal Teas of Choice - <i>my favourites are chai and peppermint</i>	Water with Lemon, mint, cucumber, ginger or other fresh fruit or herb
-------------------------	---	--

CREATE YOUR MASTER REFRIGERATOR ORGANIZER

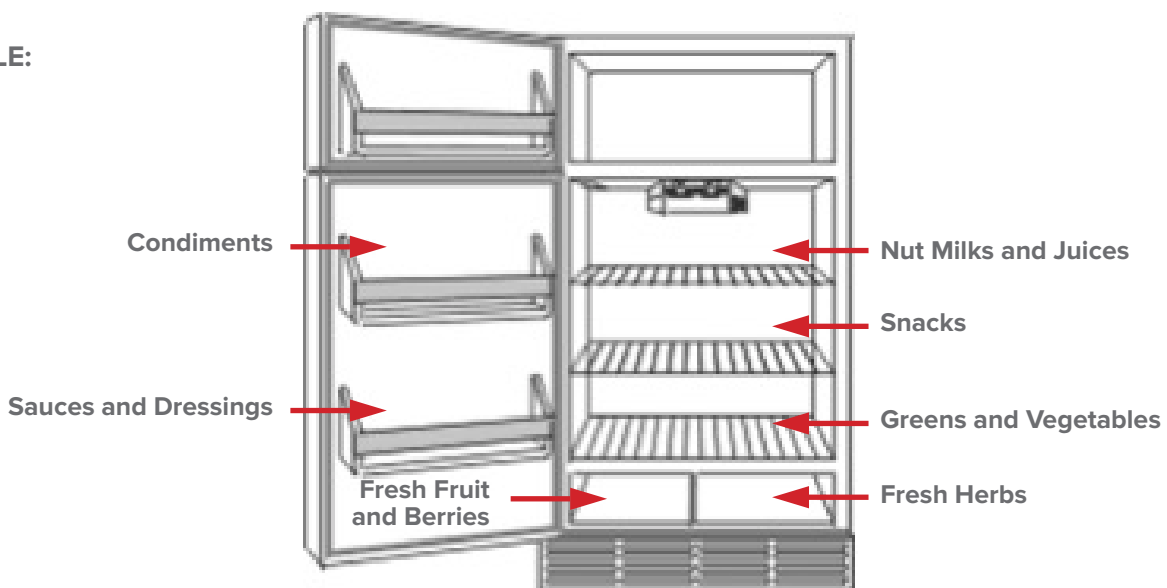
This is your opportunity to get real with your refrigerator. Think about the foods you have and start to allocate their areas in the refrigerator. Use labels if you'd like and get the appropriate containers to suit.



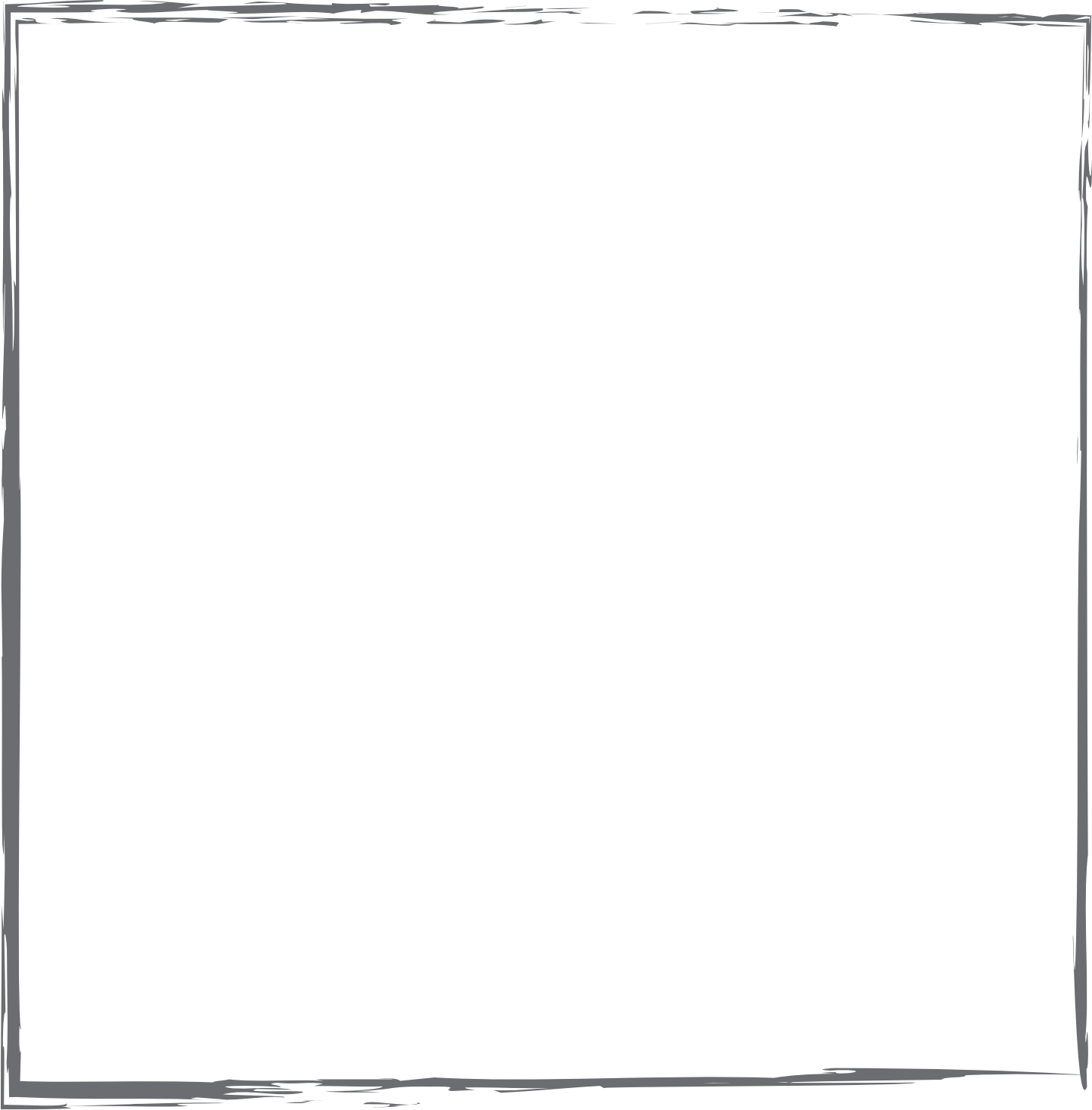


Draw a sketch of your own refrigerator. Take an inventory of what you hold in your refrigerator and start to allocate it's "Place" Mark up the following:

EXAMPLE:



MY REFRIGERATOR SKETCH



MY WEEKLY MASTER MEAL PLANNING GUIDE

SAMPLE

How Many People are in Your Household this Week? 3

How Many Meals Will You be eating at home this Week? 4 Breakfasts, 2 Lunches, 3 Suppers

What Dish can You Batch cook for the week? Veggie Chili

What Dressing or Sauce will you Have on Hand? Basic Balsamic

Which Date(s) are you Planning to do your Prep? Sunday and Wednesday

My Breakfast of Choice this Week is: Green Smoothie Packs

The Vegetables I want to Prepare are: Eggplant and Yams for Lentil Curry

The Amount of Greens I need for Side Salads are: 2 bunches

My Fresh Fruit of Choice this Week is: Apples and Grapes

My Snack of the Week is: Hummus and Cucumber

My Main Dish of the Week is: Lentil Curry

My Snack Choice of the Week is: Almonds with Cashews, Sunflower Seeds, Hemp Seeds and Chunks of Dark Chocolate.

MY WEEKLY MASTER MEAL PLANNING GUIDE

How Many People are in Your Household this Week?

How Many Meals Will You be eating at home this Week?

What Dish can You Batch cook for the week?

What Dressing or Sauce will you Have on Hand?

Which Date are you Planning to do your Prep?

Fill out the rest in your Mise En Place Guide Below.

MY MISE EN PLACE FOR THE WEEK

Mise En Place is the term used for preparation of your ingredients for the week. It is helpful to map out your mise en place at home to help set your week up for success. Use the diagram below to help you map out your week's worth of nourishment.

MY PREP FOR THE WEEK:

Greens of Choice	Dressing	Main of Choice	Snack
Veggies	Fresh Fruit	Breakfast of Choice	