

## VEGAN RESET SHOPPING LIST - WEEK 1

\* indicates that this item can be omitted or modified if on a budget (see notes)

### FRUITS

1 bag of lemons

1 bag of limes

2 apples

2 pears

2 bunches of bananas (you'll need 11 bananas)

Blueberries (you'll need about 2 cups)

Grapes (you'll need 1 1/2 cups - if you can only find them in a package, you can freeze the rest - frozen grapes make a great snack)

2 papayas, medium sized (you'll need 1 1/2, you can freeze the other 1/2 - can be subbed for mango or any other fruit of choice)

1 pint grape tomatoes

1 kiwi\*

2 avocados

### DRIED FRUIT

1 pack goji berries\*

1 bag coconut flakes (not shredded!)

### VEGETABLES

4 large onions

1 garlic bulb

1 head cauliflower

3 zucchini

6 bell peppers

1 head celery

Shiitake mushrooms (you'll need 8 mushrooms - those can now be found at most supermarkets and Asian markets, can be subbed for any other mushroom or omitted if necessary)

1 bag green beans (you'll need 2 cups, can be frozen)

1 butternut squash

1 bag sweet potatoes (about 3-4 potatoes, if you have any left over, you can bake & freeze them or keep them for next week, they last quite a long time)

1 large or 2 small beets

4 carrots

1 small bok choy

Ginger root

### **Fresh greens (see notes)**

1 bag arugula

1 bag spinach

1 bag mixed greens

1 bunch collard greens

1 head romaine lettuce

### **FRESH HERBS**

Cilantro\*

### **STAPLE FOODS (CONDIMENTS etc)**

1 bottle olive oil

Veggie broth paste (like "Better than bouillon" – vegetable paste) or any vegetable broth

Miso paste\* (white miso is the sweetest, but any kind of miso will do)

Tamari or soy sauce\*

Maple syrup

Cacao powder\* (you'll only need it once this week, but it'll be on the week 2 list as well, so you can choose to get it this week or next)

Yellow or dijon mustard

1 bottle balsamic vinegar\*

### **Spices:**

Smoked paprika (or paprika)

Liquid smoke (or smoked salt)\*

Curry powder

Sea salt

Pepper

## **LEGUMES**

8 oz tempeh (or tofu if you can't find tempeh)

1 bag of dry chickpeas/garbanzo beans (or 3 jars)

1 bag of dry cranberry heritage beans (or 1 jar) or kidney beans if you can't find heritage beans

1 bag beluga lentils (or yellow or green lentils)

1 bag white beans (or 4 jars)

## **NUTS & SEEDS**

Nuts:

Walnuts

Pecans\*

Sliced almonds\*

Seeds:

Pumpkin seeds

Nut & seed butters

Tahini

Peanut butter

## **GRAINS**

1 bag quinoa (red, white or both)

1 pack vegan granola\*

1 pack quick oats

1 bag 100% corn tortillas (you'll need 2 this week, you can freeze the rest for next week)

1 pack rice noodles

## **MYLK**

2x Cashew (or almond) milk, unsweetened (1 liter each, you'll use some of it during week 2)

Coconut yoghurt\* (you'll need 1 cup)

1 small can (200mL) full fat coconut milk for cooking

## NOTES

### BUDGET FRIENDLY ALTERNATIVES

- GRANOLA/OATS: you can choose to get 1 of them instead of both.
- LEGUMES: instead of getting all the beans/lentils that are mentioned, you can get your 1 or 2 favorite ones, which will make it much cheaper.
- QUINOA: quinoa can be expensive depending on where you shop, so feel free to get rice instead.
- COCONUT YOGHURT: you can omit the yoghurt and simply use nut milk instead.
- NUTS: you can buy 1 kind instead of 3.
- MISO: you can simply use more vegetable broth instead of miso.
- GREENS: the different kinds of fresh greens are there for variety, but you can just use one kind.

### ALLERGIES:

- TREE NUTS: you can use seeds like sunflower or pumpkin seeds instead of nuts. Instead of peanut butter, you can use sunflower seed butter, hemp seeds or ground flax seeds in the breakfast options. Instead of nut milk, you can use soy, hemp or oat milk.
- SOY: use kidney beans or chickpeas instead of tempeh. Omit the soy/tamari sauce and use more vegetable broth instead of miso.
- GLUTEN: the plan is gluten-free, but soy/sauce can contain gluten, so simply omit that if you're allergic.

For any other allergies, email us at [hello@veganreset.com](mailto:hello@veganreset.com).

### COUNTRY SPECIFIC PRODUCE AVAILABILITY

Depending on where you live, some items may be more or less difficult to find, but generally speaking, you should be able to find almost everything on the list at a regular supermarket. If you live in Australia, New Zealand or any country with a different climate than in the U.S. and central Europe, make sure you opt for seasonal fruits and veggies instead, as that will be a lot more affordable. Fruits and vegetables can be up to three or even more times more expensive when they're not in season.

## **WHERE TO SHOP**

Your choice of grocery store/supermarket will have a great impact on how much you'll spend overall. If you are in the United States, Trader Joe's and Fairway will be much cheaper than Whole Foods and smaller health food stores. That being said, you can find affordable options even at Whole Foods, just look for the store's own brand as that will often be more affordable. Some online stores like Thrive Market, Lucky Vitamin or Fresh Direct will also have better deals at times. If there's a whole sale market like Costco near you, you'll be able to find amazing deals when buying larger quantities, so this could be great for those of you with families. If there's a farmers market near you, I'd recommend exploring it and getting to know your local farmers, they're often open to negotiating and you'll find the best local produce.

## **FROZEN vs. FRESH and CANNED vs. FRESH**

In an ideal world, we'd all have access to the best, affordable, fresh, local and organic produce, but it's good to have options when that is not accessible or affordable. Sometimes, frozen produce can also be more convenient as you don't have to worry about it going bad and in some cases it can make preparing your meals easier. The bottom line is, if you have a choice and/or can afford it, fresh produce is better, but frozen produce and jars can be a great option as well. For jars and cans, prioritize recyclable glass jars and if BPA-free cans.

## **ORGANIC vs. CONVENTIONAL**

As with frozen vs. fresh produce, if you can get organic food, great, but if that's not an option for you for financial reasons, there are certain items that you can get conventionally grown without a problem. I look for how thick the fruit or vegetable's skin is, the thicker the skin, the safer it is to eat it conventional. Sometimes you can also find local produce that may not be certified organic, but that wasn't sprayed with pesticides.

Note: try to always get organic bananas. The price difference isn't that great and conventionally known bananas are known to be grown under circumstances that violate human rights.