

## VEGAN RESET SHOPPING LIST - WEEK 2

Note: You may already have some of the items listed as they were used in week 1 as well, so make sure you check your pantry before shopping.

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

### FRUITS

- 1 small bag of lemons
- 5 apples
- 6 tangerines
- 3 avocados
- 1 pint of cherry tomatoes (or any other tomatoes)

Juice:

- 1L (4 cups) of fresh orange juice

Frozen fruit:

- 1 bag of frozen mixed berries (1 1/5 cups)
- 1 bag frozen mango chunks and/or 1 bag frozen peaches (you can get both or just one of them)

### DRIED FRUIT

- 1 pack goji berries\*
- 1 bag coconut flakes (not shredded!)

### VEGETABLES

#### 1 large leek

- 2 large red onions
- 1 garlic bulb
- 1 zucchini
- 3-4 bell peppers (you'll need 3 1/4)
- 1 head celery\* (you'll only need the celery for one of the snacks, so you can either use some you may still have from last week or skip and have carrots instead)
- 1 cup Shiitake mushrooms
- 1 large portabella mushroom (either whole or sliced)

- 1 sweet potato
- 2 cups of potatoes (baby potatoes or any other kind)
- 1 small bag of carrots
- 1 parsnip
- 1 bunch of green onions/scallions
- 2 cups of broccoli
- 1 bag of brussels sprouts (3 cups)
- 2 corn on the cobs
- 1 small acorn squash

### **Fresh greens**

**NOTE:** fresh greens don't keep as long as other vegetables, so try to get greens that will stay fresh for at least a week if you can.

- 1 large bag of spinach
- 1 bag mixed greens
- 1 bunch of curly kale

### **FRESH HERBS**

Basil

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

- 1 bottle of olive oil
- Veggie broth paste (like "Better than bouillon" – vegetable paste) or any vegetable broth
- Tamari or soy sauce
- Maple syrup
- Yellow or dijon mustard
- Cornstarch\* (you'll only need this for 1 recipe, so feel free to omit)
- Nutritional yeast
- 1 pack of nori sheets\* (VERY optional, so don't worry if you can't find them)

### **Spices:**

- Smoked paprika (or paprika)
- Liquid smoke (or smoked salt)\*
- Curry powder
- Sea salt

Pepper

## **LEGUMES**

- 1 bag beluga lentils
- 1 bag of yellow lentils
- 1 bag of black beans (or 3 jars/cans)
- 1 bag of black eyed peas (or 2 jars/cans)
- 1 bag of kidney beans (or 1 jar/can)
- 1 bag of white beans (or 1 jar/can)

## **NUTS & SEEDS**

Nuts:

Walnuts

Pecans\*

Sliced almonds\*

cashews

Seeds:

Pumpkin seeds

Nut & seed butters:

Tahini

Peanut butter

## **GRAINS**

- 1 pack of sushi rice (or short grain rice)
- 1 pack vegan granola\*
- 1 pack quick oats
- 1 pack rice noodles

## **MYLK**

- 1L (4 cups) of unsweetened almond milk (or any other plant-based milk)
- 1 can (400mL) 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.
- NUTS: you can buy 1 kind instead of 3.
- 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: Omit the soy/tamari sauce or use balsamic vinegar instead.
- 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.