

VEGAN RESET SHOPPING LIST - WEEK 4

Note: You may already have some of the items listed as they were used in week 1, 2, or 3 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

Limes*, 5
Lemons, 2
Bananas, 10
Apples*, 5
Papayas*, 2
Kiwis*, 2
Persimmons*, 2
Pear, 1
Tomatoes, 5
Cherry Tomatoes*, 1 package
Avocados, 2

Frozen fruit:

Mango Chunks, 1 package
Raspberries, 1 package
Blueberries, 1 package

VEGETABLES

Potatoes, 5
Carrots, 6
Beets, 5
Butternut Squash, 1
Onions, 3
Ginger root, 1
Scallions, 1
Baby Bok Choy, 2
Cauliflower, 1
Green Beans, 1 package
Brussels Sprouts, 1 package

Garlic, 1 bulb
Red Bell Pepper, 3
Sweet Potatoes, 5 (small)
Zucchini, 1
Celery, 1 package

FRESH HERBS:

Basil

FRESH GREENS

(if you want to keep them extra fresh, try to buy part 1 right before the beginning of the week and part 2 on Thursday night. If that's not a possibility, make sure you check the expiration date, the freshest ones are usually in the back)

Part 1:

Kale, 1 bunch
Spinach, 1 package

Part 2:

Romaine Lettuce, 1 head
Collard Greens, 1 bunch

STAPLE FOODS (CONDIMENTS etc)

Olive Oil
Tamari or soy sauce
Miso Paste
Veggie Paste
Tomato Paste
Liquid Smoke
Maple Syrup
Mustard
Vanilla Extract* (VERY optional!)
Cacao Powder*

Spices:

Sea Salt

Pepper

Curry Powder*

Chili Powder*

Smoked Paprika*

Ground Cinnamon*

LEGUMES

Kidney Beans, 1 package (or 3 cans/jars)

Lentils, 1 package (green & yellow lentils are used in the recipes, but you can use any lentils)

Tempeh, 1 package (8oz)

NUTS & SEEDS

Sliced Almonds, 1 package

Pine Nuts, 1 package

Cashews*, 1 package

Pecans*, 1 package

Walnuts*, 1 package

Seeds:

Pumpkin Seeds*, 1 package

Nut & seed butters:

Peanut butter

Tahini

GRAINS

Quinoa, 1 package

Nutritional Yeast, 1 package

Rice Noodles, 1 package

Quick Oats, 1 package

MYLK

Cashew Milk (or any plant based milk you prefer)

NOTES:

ON A BUDGET:

* indicates that you can omit or replace this item if needed. Keep in mind that many of these (especially the condiments) will last well beyond the week.

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 (or look for tamari sauce that is clearly labeled "gluten-free").

For any other allergies, email us at 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.