

28 DAY VEGAN RESET SHOPPING LIST - WEEK 2

IMPORTANT NOTES

1. All items that are in **bold** are staple foods that you'll use during the other weeks as well.
2. Even if you will be able to use these beyond the first weeks, we do understand that many people are on a tight budget, we have therefore included notes on how to adapt this shopping list in order to make it more budget friendly. Every item with a * next to it is optional.
3. GLUTEN-FREE: This meal plan is gluten-free to make it easier for those with allergies or intolerances. If you do not have an intolerance to gluten, feel free to include it by opting for regular pasta. Just make sure they're egg-, dairy- and honey-free.

SHOPPING LIST - WEEK 2

FRUITS

Bananas, 11 (freeze 3)
Lemons, 6
Frozen Raspberries, 1 package
Frozen Mango Chunks, 1 package
Mango, 1
Watermelon, 1
Peaches, 7
Oranges, 2
Lime, 1
Medjool Dates, 1 container
Fresh Berries* (of your choice), 1 package
Apples, 3
Blackberries*, 1 package
Dried Cranberries, Unsweetened, 1 package

VEGETABLES

Sweet Potatoes, 4
Green Onions, 1 bunch
Garlic, 1 bulb
Onion, 1
Zucchini, 2
Bell Pepper, 4
Brussels Sprouts, 1 package
Celery, 1 head
Carrots, 1 bag
Romaine Lettuce, 1 head
Purple Cabbage, 1 small head
Cucumber, 1
Potatoes, 4
Cauliflower, 1 head
Kale, 1 package

Broccoli, 1 head
Cherry Tomatoes, 1 package
Sweet Corn Kernels, 2 cans/jars (or use frozen sweet corn)
Tomatoes*, 1
Avocado, 4
Green Beans, 1 package
Portabello Mushrooms, 1

FRESH HERBS

Cilantro, 1 package

STAPLE FOODS (CONDIMENTS etc)

Maple Syrup
Olive Oil
Tahini*
Apple Cider Vinegar*
Sea Salt
Balsamic Vinegar
Vegetable Broth*
Nutritional Yeast*
Ground Pepper
Vanilla Extract*
Liquid Smoke*
Peanut Butter
Tamari or Soy Sauce
Smoked Paprika*
Corn Starch*
Mustard
Curry Powder
Chili Flakes*

LEGUMES

Chickpeas, 2 jars or 1 bag
Extra Firm Tofu, 8oz package
Black Beans, 2 jars or 1 bag

NUTS & SEEDS

Peanuts*, 1 package

Pumpkin Seeds*, 1 package

Ground Flax Seed, 1 package

Almonds*, 1 package

Cashews, 1 package

Sunflower Seeds, 1 package

GRAINS

Brown Rice, 1 package

Corn Soft Taco Shells, 1 package (make sure you store it in the fridge or else you can also use frozen or hard shells)

Rice Noodles, 1 package

Oats, 1 container

MYLK

Almond Milk, 1 container

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.