

## 28 DAY VEGAN RESET SHOPPING LIST - WEEK 4

### IMPORTANT NOTES

1. Every item with a \* next to it is optional to make the list more budget-friendly.
2. 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 and bread. Just make sure they're egg-, dairy- and honey-free.

## VEGAN RESET SHOPPING LIST - WEEK 4

Note: You may already have some of the items listed as they were used in weeks 1-3, so make sure you check your pantry before shopping.

### FRUITS

cherry tomatoes, 1 container

tomatoes\*, 5

fresh berry mix (strawberries and blueberries), 1 package

bananas, 9

avocados, 3

lemons, 5

pitted dates, 1 container

frozen cranberries\*, 1 package

frozen blueberries\*, 1 package (you can opt to get either cranberries or blueberries,

frozen cranberries tend to be less expensive)

### VEGETABLES & HERBS

cilantro, 1 bunch

garlic, 1 bulb

celery, 1 head

zucchini, 4 (or more if you desire)

spinach, 1 bag

4 sweet potatoes (medium)

cauliflower, 1 head

broccoli, 1 head

bell peppers, 2

heart of palm, 1 jar

onions, 5

green asparagus, 1 bunch

eggplant, 1

2 large portobello mushrooms

yellow potatoes, 5

butter lettuce, 1 head

collard greens, 1 bunch

mushrooms, 1 package  
fresh basil\* (optional)

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

soy sauce\*  
tomato paste  
veggie broth\*  
coconut flakes  
oregano (dried)\*  
liquid smoke\*  
olive oil  
vanilla extract\*  
chilli flakes (optional)\*  
maple syrup  
nori sheets\*  
cacao powder  
curry powder  
smoked paprika\*  
mustard\*

### **LEGUMES**

extra firm tofu, 8oz  
black beans, 2 jars/cans or 1 bag of dried beans  
chickpeas, 3 jars/can or 1 bag of dried beans

### **NUTS & SEEDS**

cashews, 1 package  
walnuts, 1 package  
ground flaxseed, 1 package  
almonds (or ground almond meal), 1 package  
peanut butter, 1 jar  
peanuts\*, 1 package  
tahini, 1 jar  
hazelnuts\*, 1 package

## **GRAINS**

sweet corn kernels, 1 jar or 1 bag, frozen  
sushi rice, 1 package  
(gluten free) lasagna sheets, 1 package  
all purpose GF flour mix, 1 package  
Gluten-Free Bread, 1 loaf

## **MYLK**

Cashew Milk, 1 container  
Coconut Milk (for cooking), 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](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.