

28 DAY VEGAN RESET SHOPPING LIST - WEEK 1

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 instead of rice pasta. Just make sure it's egg-, and dairy-free.

SHOPPING LIST

FRUITS

Orange Juice, 1 bottle (OR 1 bag of oranges)
Grapefruit Juice* (you can simply use more orange juice instead)
Coconut Shreds, 1 package
Frozen Cherries, 1 package
Frozen Mango Chunks, 1 package
Lemons, 6
Limes, 4
Mangoes, 3
Bananas, 6
Strawberries, 1 package
Mixed Berries*, 1 package (or use more strawberries. Some berries are more expensive than others depending on where you shop, so feel free to use one kind of berries only)
Pineapple, 1
Peaches, 3
Kiwi, 1
Dates*, 1 container
Avocados, 2
Sun Dried Tomatoes*, 2 packages

VEGETABLES

Carrots, 1 bunch
Purple Cabbage*, 1 small head
Mesclun, 1 bag
Spinach, 1 bag
Cherry Tomatoes, 2 packs
Bell Peppers, 6
Cucumber*, 1
Zucchini, 7
Scallions (green onions), 1 large or 2 small bunches
Garlic, 1 bulb

Beets, 1 large or 2 small
Cauliflower, 1 small head
Celery, 1 head
Baby Potatoes, 1 small bag (equivalent of 2 cups)
Radishes*, 2
Collard Greens, 1 bunch
Red Onion*, 1 (OR use more green onions)
Mushrooms, 1 container
Asparagus, 1 bunch
Jicama, 1 (OR kohlrabi OR soft corn taco shells)

FRESH HERBS

Basil Leaves*, 1 bunch
Cilantro*, 1 package
Chives*, 1 package
Parsley*, 1 package

Note: you can find relatively inexpensive herbs in small pots. Should they be on the more expensive side, however, feel free to opt for 1 kind of herb only (basil, for instance).

STAPLE FOODS (CONDIMENTS etc)

Maple Syrup
Olive Oil
Tahini
Apple Cider Vinegar*
Sea Salt
Balsamic Vinegar
Vegetable Broth
Nutritional Yeast*
Ground Pepper
Vanilla Extract* (lasts a very long time, but is very optional!)
Liquid Smoke*

LEGUMES

Chickpeas, 1 package OR 2 jars

Black Lentils, 1 package

White Beans, 1 package OR 1 jar

Kidney Beans, 1 package OR 2 jars

NUTS & SEEDS

Ground Flaxseed*, 1 package

Walnuts, 1 package

Almonds*, 1 package

Sunflower Seeds*, 1 package (OR cashews)

Note: You'll be able to use the nuts and seeds throughout the entire Vegan Reset. That being said, they can be quite expensive, so feel free to opt for 1 or 2 only this week and then add more next week.

GRAINS

Quick Oats, 1 container

Quinoa, 1 package

(Wild) Rice, 1 package

Rice Pasta, 1 package

MYLK

Plant-based Yogurt, 1 large container (recommended: coconut, but any plant-based yogurt will do. If you can't find any, simply use your plant-based milk of choice instead).

ALLERGIES:

- **TREE NUTS:** you can use seeds like sunflower or pumpkin seeds instead of nuts.

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.