

## 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 week, 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 and bread. Just make sure they're egg-, dairy- and honey-free.

## FRUITS

**\*important budget-friendly 'fruits & veggies' note: the price of fresh produce heavily depends on the season and what is available locally, feel free to replace any of these with another kind of fruit or vegetable if it is cheaper and/or on sale.\***

Green Apples, 3

Orange juice, 1 container

Pineapple, 1

Blackberries\*, 1 container (or use more strawberries)

Avocado, 5

strawberries, 1 large container (or 2 small)

Peaches, 6

limes\*, 2 (or use 1 lemon instead)

lemons, 3

Bananas, 1 bunch (8 bananas)

plums, 4

Heirloom tomatoes\*, 2 (or use any kind of tomato or more cherry tomatoes)

tomatoes (cherry), 1 small container

cherries, 1 bag

## VEGETABLES & HERBS

Kale, 1 big bunch (or 2 small)

Arugula 1 bag

Broccoli 1 head

Asparagus (green), equivalent of 2-3 cups (1 bunch)

Eggplant (small), 1

Zucchini, 3

Yellow squash\*, 1 (or use 1 more zucchini)

Radishes, 1 bunch

Cucumber, 1

Bell peppers, 1

Red onions, 2

Mixed greens, 1 bag (you will only need this at the end of the week, so make sure you get it extra fresh)

Garlic, 1 bulb

Potatoes, 7

### **Fresh Herbs:**

Cilantro, 1 bunch

Parsley, 1 bunch

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

Olive oil

Balsamic vinegar\*

Coconut nectar\* (or maple syrup or brown rice syrup) - Added as a natural sweetener, feel free to omit if you don't like it too sweet

Rice paper sheets, 1 pack\* (for spring rolls, or you can omit and enjoy those meals as a salad)

Veggie broth\* (as an alternative, you can use sea salt, pepper and herbs)

tamari sauce\*

smoked paprika\*

cacao powder\*

kebab picks/sticks/skewers\*

chili flakes\*

mustard\*

## **LEGUMES**

tofu, extra firm, 2-3 packs (24 oz worth)

adzuki beans, 2 jars

white beans 2 jars

\*Note: beans are cheaper when purchased in bulk, but do take a little longer to prep.

## **NUTS & SEEDS**

chia seeds\*, 1 package (or use oats + nut butter instead)

almond butter\*, 1 jar (depending on where you shop, almond butter can be pricy, so feel free to simply use more peanut butter instead)

peanut butter, 1 jar

hemp seeds\*, 1 package (or use more chia seeds)

almonds, 1 package

sunflower seeds\*, 1 package (or use more almonds)

## **GRAINS**

Quick oats, 1 container

millet, 1 package (feel free to use rice or quinoa instead)

sweet corn (on the cob), 4

gluten free toast, 1 loaf

brown rice noodles, 1 package

## **MYLK**

cashew milk, 1 container (or any other plant-based milk)

plant-based yogurt\*, 1 small container (as an alternative, for the breakfast option, you can use more cashew milk and for the dressing, you can blend almonds)

## **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. Use any beans of your choice instead of tofu.
- **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.