

28 DAY VEGAN RESET SHOPPING LIST - WEEK 3

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 and bread. Just make sure they're egg-, dairy- and honey-free. **NOTE: This week's meal plan contains couscous, which is NOT gluten-free. Please use quinoa, millet or brown rice as a gluten-free alternative.**

FRUITS

Fresh blueberries, 1 container
avocado, 1
pineapple, 1
green apples, 6
oranges, 3
dried cranberries, unsweetened, 1 package
lemons, 3
peaches, 5
limes, 4

Frozen mango chunks, 2 cups (you may buy a package frozen or freeze manually)
Frozen raspberries, 2 cups (you may buy a package frozen or freeze manually)

VEGETABLES & HERBS

ginger root*, 1
Shiitake mushrooms, 1 pack (OR any other kind of mushrooms)
garlic, 1 bulb
onions, 2 yellow
onions, 1 red
zucchini, 3
kale, 1 package
arugula, 1 package
cucumbers, 1
bell peppers, 2
mesclun, 1 package
celery, 1 head
beets, 3
1 butternut squash
1 small head cabbage
artichoke hearts, 1 jar
green onions, 1 bunch
cherry tomatoes, 1 container
carrots*, 1
cauliflower, 1 head
radishes, 1 bunch
mint*, 1 package
basil*, 1 package
cilantro*, 1 package
parsley*, 1 package

STAPLE FOODS (CONDIMENTS etc)

Olive oil

Coconut nectar (OR maple syrup OR brown rice syrup)

Cacao powder*

curry powder*

sea salt (or Himalayan pink salt)

chili flakes*

smoked paprika*

liquid smoke*

apple cider vinegar

vegetable broth*

cardamom*

ground turmeric*

coconut flakes

vanilla extract*

LEGUMES

Tempeh, 8 oz (OR use chickpeas or white beans)

White beans, 2 jars

French lentils, 1 package

Pinto beans, 2 jars

Kidney beans, 1 jar

NUTS & SEEDS

cashews*, 1 package

almonds*, 1 container (you can use either more cashews or more almonds instead of buying both)

chia seeds*, 1 bag (OR use more hemp seeds)

hemp seeds, 1 bag

Peanuts*, 1 bag

pecan nuts*, 1 bag (or use any other nuts)

peanut butter, 1 jar

almond butter*, 1 jar (OR use more peanut butter)

GRAINS

Quick oats, 1 container

Couscous, 1 package (**NOTE: couscous is NOT gluten-free, for a gluten-free alternative, use millet, quinoa or brown rice**)
sweet corn kernels (1 jar)
GF noodles, 1 package

MYLK

coconut yogurt (1 small container)
cashew milk, 1 container
coconut milk (1 can 400mL, full fat for cooking)

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:** use any kind of bean/legume instead of the tempeh. White beans or chickpeas are a great substitute.

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.