

28 DAY VEGAN RESET SHOPPING LIST - WEEK 1  
(September 2017)

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**

- 7 lemons
- 5 green apples
- 1 orange
- 1 container of strawberries
- 1 container of blueberries
- 5 peaches
- 7 bananas
- 3 avocados
- 2 mangoes
- 1 package frozen mango chunks

## **DRIED FRUIT**

- 1 package raisins
- 1 package unsweetened cranberries\* (you can simply use more raisins instead)

## **VEGETABLES & HERBS**

- 2 zucchini
- 2 yellow squash (or use more zucchini)
- 6 carrots
- 4 red bell peppers
- 1 orange bell pepper
- 1 green bell pepper
- 2 small or 1 large red beet
- 3 large or 6 small golden beets (or use more red beets if you can't find golden beets)
- 1 bulb garlic
- 1-2 bunches of kale (1 large or 2 small)
- 3 sweet potatoes (medium sized)
- 1 head celery
- 1 bunch green onions
- 1 red onion
- 1 bag arugula
- 1 bunch swiss chard
- 1 butternut squash
- 1 bag snow peas
- 1 Ginger root

## HERBS

- 1 bunch of cilantro\*
- 1 bunch of parsley\*
- 1 bunch of chives\*
- 1 package of mint\*

note: herbs are usually relatively affordable, but if you want to, you can simply omit them or use 1 instead of all, in which case we'd recommend going with either cilantro or parsley.

## STAPLE FOODS (CONDIMENTS etc)

Olive oil

Himalayan Pink Salt (or sea salt)

freshly ground pepper

kala namak black salt\* (this can usually be found in health food stores or be ordered online, it's what gives dishes an egg-like taste (the resemblance is incredible!), but don't worry if you can't find it! Simply replace it with a little pink or sea salt)

apple cider vinegar\*

mustard

chili flakes\*

chili powder\*

smoked paprika\* (or paprika)

nutritional yeast\* (it gives dishes a cheesy taste)

cornstarch\*

maple syrup OR coconut nectar OR brown rice syrup

ground turmeric\*

Shredded coconut

vanilla extract\*

## LEGUMES

- 3 cans of chickpeas
- 2 cans kidney beans

## NUTS & SEEDS

- 1 package cashews
- 1 package walnuts\*
- 1 container sliced almonds\*
- 1 package sunflower seeds\*
- 1 package chia seeds

- 1 package pistachios\*
- 1 jar peanut butter (or any other nut butter, make sure there's no added salt, oil or sugar)
- 1 jar tahini

note: you'll be able to use all of these beyond the first week, but nuts and seeds can be on the pricier side, so feel free to just use one kind of nuts if you don't want to buy them all this week. We recommend going with the cashews or almonds in this case.

## **GRAINS**

- 1 box quinoa
- 1 box gluten-free macaroni (unless you're allergic or intolerant to gluten, the GF is optional)
- 1 box glass noodles (vermicelli)
- 1/2 loaf GF toast (unless you're allergic or intolerant to gluten, the GF is optional)
- 1 package GF flour mix (OR quick oats) (unless you're allergic or intolerant to gluten, the GF is optional)

## **MYLK**

- 1 container almond milk

## **ADDITIONAL NOTES:**

### **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:** this week's meal contains no soy products.
- **GLUTEN:** this week's plan is 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.