

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. **This week's list contains couscous, which is not gluten-free, simply use quinoa instead if you do have an intolerance to gluten.**

VEGAN RESET SHOPPING LIST - WEEK 3

FRUITS

Bananas, 8
Frozen Peaches, 1 package
Frozen Mango, 1 package
Sun-dried Tomatoes, 1 package
Lemons, 6
Limes, 1
Avocados, 3
Mango, 2
Medjool Dates*, 1 package (OR use a little maple syrup instead)
Strawberries, 1 package
Pear*, 1
Pineapple, 1
Oranges, 4
Shredded Coconut*, 1 package
Frozen Cherries*, 1 package
Mixed Berries*, 1 package
Cherry Tomatoes, 1 package
Dried Cranberries, 1 package

VEGETABLES

Mushrooms, 1 package
Shiitake Mushrooms*, 1 package (OR use more regular mushrooms)
Kale, 1 package
Collard Greens, 1 package
Zucchini, 7
Artichoke Hearts, 1 jar
Cucumbers*, 1
Bell Peppers, 2
Butternut Squash, 1/2 (or 1 and freeze the other half)
Romaine Lettuce, 1 head
Yellow Potatoes, 2
Celery, 1 head

Red Onion*, 1
Garlic, 1 bulb
Green Onion, 1 package
Carrots, 1 package

FRESH HERBS/ROOTS

Cilantro*, 1 package
Chives*, 1 package
Basil, 1 package
Ginger*, 1 root

STAPLE FOODS (CONDIMENTS etc)

Maple Syrup
Olive Oil
Sea Salt
Balsamic Vinegar*
Vegetable Broth*
Nutritional Yeast*
Ground Pepper
Vanilla Extract*
Liquid Smoke*
Tamari or Soy Sauce*
Smoked Paprika
Curry Powder*
Chili Flakes*
Cardamom*
Tomato Paste

LEGUMES

Tempeh, 1 package (8oz)
Kidney Beans, 2 jars or 1 package
White Beans, 2 jars or 1 package

NUTS, SEEDS & NUT BUTTERS

Tahini, 1 jar

Sunflower Seeds, 1 package

Almonds*, 1 package

Pine Nuts*, 1 package (OR use cashews or almonds instead)

Peanut Butter, 1 jar

Cashews, 1 package

Walnuts, 1 package

Pumpkin Seeds*, 1 package (OR use more sunflower seeds)

Ground Flaxseed*, 1 package

GRAINS

Couscous, 1 package (**NOTE: This item contains gluten. If you wish to follow a gluten-free option, please substitute with quinoa**)

Rice Pasta, 1 package

Oats*, 1 container

Gluten-Free Bread, 1 loaf

MYLK & OTHER DRINKS

Almond Milk*, 1 container

Coconut Milk (for cooking), 1 container

Coconut Water, 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"). Use quinoa instead of couscous.

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.