

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.

- SHOPPING LIST -

FRUITS

Dried Cranberries, 1 package

Fresh Cranberries, 1 container

Orange, 1

Blueberries, 1 container

Strawberries, 2 containers

Frozen Strawberries, 1 package* (or you may freeze fresh strawberries)

Bananas, 13

Dates, 1 container

Apples, 4

Fire Roasted Tomatoes, 15 oz can

Diced Tomatoes, 14 oz can

Sun-Dried Tomatoes, 1 pack

Cherry Tomatoes, 1 container

VEGETABLES & HERBS

Green Beans, 1 package

Garlic, 1 bulb

Brussels Sprouts, 1LB

Butternut Squash, 1

Yellow Onion, 1

Red Onion, 1

Bell Pepper, 2

Zucchini, 2

Carrots, 6

Celery, 1 package

Ginger, 1 root

Baby Spinach, 1 package

Broccoli, 1 stalk

Potatoes, 3

Mushrooms, 1 container

Sweet Potatoes, 1 large or 2 medium

Kale, 1 bunch

Arugula, 1 bunch

Spring Mix, 1 package

Fresh Rosemary, 1 bunch*

Fresh Basil, 1 bunch*

Fresh Parsley, 1 bunch*

Fresh Thyme, 1 bunch*

Pumpkin Puree, 15 oz can

STAPLE FOODS (CONDIMENTS etc)

Gluten-Free Flour

Maple Syrup

Olive Oil

Smoked Paprika*

Sea Salt

Black Pepper

Garlic Powder*

Nutritional Yeast

Soy Sauce* (or Tamari)

Vegetable Broth

Cinnamon Powder

Turmeric
Apple Cider Vinegar
Chili Powder
Himalayan Pink Salt
Italian Seasoning
Corn Starch* (or gluten-free flour)
Cacao Powder
Vanilla Extract
Dijon Mustard

LEGUMES

White Beans, 2 jars
Chickpeas, 2 jars
Extra Firm Tofu, 14 oz package

NUTS & SEEDS

Almonds, 1 package
Pecans*, 1 package
Cashews, 1 jar
Tahini, 1 jar
Hazelnuts, 1 pack
Almond Butter*, 1 jar (or substitute with peanut butter)
Sunflower Seeds*, 1 package
Chia Seeds, 1 package

GRAINS

Brown Rice, 1 container
Corn Tortillas, 1 package
Quick Oats, 1 container
Quinoa, 1 container
Gluten-Free Pasta, 1 boxes (1 rigatoni)
Gluten-Free Bread, 1 small loaf

MYLK

Almond Milk, 1 container
Vegan Yogurt, 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").

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.