



the
VEGAN RESET

**- GETTING STARTED -
FREQUENTLY ASKED
QUESTIONS**



Meal Plan questions

How many people are the meals for?

The meal plans and portions are for 1 adult.

How many calories a day will I be eating?

Each day includes approximately 2,000 calories.

How many calories a day do I need?

The general recommendation is 2,000 calories a day for adult women and 2,500 calories a day for adult men. Please note that these numbers don't take into consideration how tall or active a person is, so your actual needs may vary. Eating mostly non-processed plant-based whole foods, you should never feel hungry or like you're depriving yourself. Most people actually struggle more with eating enough than too much because plants are much higher in volume and water content than animal products. [Click here to calculate how many calories you'll need for your height and activity level.](#)

Are the meal plans nutritionist approved?

Yes, we have a nutritionist review and approve of the plans.

Will I need supplements?

For now, there's no need worry about taking supplements. There will be a whole lesson dedicated to deficiencies and supplements during the first week of the program to give you a better understanding.

What if my partner/friend is doing the plan with me?

If a second person is joining you, simply double the ingredients. Some of the condiments will be sufficient for several weeks, so there's no need to get more of those.

Meal Plan questions

What if my kids are doing the plan with me?

Depending on their height and age, kids need less calories or sometimes the same amount than adults. You can use the calorie calculator to find out how much they need as well.

Is the plan gluten-free?

Yes, it is!

If I'm not intolerant to gluten, should I still avoid it?

You don't need to. The plan is gluten-free to make it easier for those who have intolerances to gluten, but if that's not the case for you, feel free to buy products with gluten instead.

I heard that soy is bad for you, should I expect it in the meal plan and should I avoid it in general?

There are many misconceptions when it comes to soy. The short answer is that you don't need to worry about it, but we'll have a lesson dedicated to this (and gluten) in order to explain where the misconceptions stem from and whether you should be concerned or not. There are limited amounts of soy in the meal plan, but they can easily be replaced if you're allergic.

How do I adjust the serving size if I need more/less calories?

If you need less calories, the easiest way is to omit the snacks. If you need more calories, you can increase the portion sizes and focus on including more foods that are both nutrient and calorie dense like avocados, seeds, nuts and nut butters.

When should I eat the snack?

Either between breakfast and lunch or between lunch and dinner.

Meal Plan questions

I want to lose weight, how can I do that on the Vegan Reset?

We recommend focusing on adding an exercise routine rather than cutting out too many calories. Remember that the calories give you the nutrients that you need and the main goal should be feeling good and healthy. A meal plan that keeps you hungry is not a sustainable one. Only long-lasting changes can guarantee long-lasting results. We will cover this topic in detail during the first week of the program!

I want to gain weight, how can I do that on the Vegan Reset?

Increase the amount of calories you're eating. This, too, will be covered during week 1, so stay tuned:)

Do I have to meal prep?

No, you don't! We've added the meal prep option for those who are busy and/or don't want to spend too much time in the kitchen during the week, but you're absolutely free to prepare each meal the day of.

Why are there two meal prep sessions?

Fresh food doesn't contain preservatives, so there's a limit to how long the meals will stay fresh in your fridge. In order to make sure your food still tastes good when you eat it, we've included two meal prep sessions on Sunday and Thursday night of each week. If prepping food on Thursday is not an option for you, you can do both on Sunday, but be sure to freeze the second meal prep instead of refrigerating it so that it doesn't go bad.

Should I reheat the meals that have been meal prepped?

Yes and no. It is not required and most meals will taste good cold, but if you can, we do recommend reheating the meals at least a little as they will taste even better that way.

Meal Plan questions

Can I prep smoothies the night before?

You can, but we don't recommend it. Blending smoothie ingredients right before you have the smoothie is always best, but if you can't do that (some people wake up very early and don't want to wake up their roommates or family members), then prepping the smoothie the night before and storing it in the fridge overnight is fine. Just make sure you give it a good shake before consuming it.

I don't measure in cups, but in kg and grams, what should I do?

One cup is the equivalent of 250mL, so if you have a glass, jar or cup that fits 250mL, you can use that to measure the ingredients.

The portions feel too big, is that normal?

Yes, very normal! During the first week of the Vegan Reset, we often hear people say that the portions feel too big. That's simply because you may not be used to eating meals that are this rich in plants. Plants are high in volume but low in calories. The perfect example: one banana contains about 90-100 calories and one chocolate bar (that is smaller than a banana) contains up to 500 calories. Your brain and stomach get used to eating smaller quantities that have higher amounts of calories, but in the same way, you'll adapt to eating larger portions in no time.

The portions feel too small and I feel hungry, what can I do?

For those who are already used to larger portions, you may feel like you want more. The best way to add more volume and nutrients without necessarily adding more calories is by adding lots and lots of leafy green vegetables. You can also increase the amounts of legumes as those will be especially filling.

Meal Plan questions

What should I drink and how much?

Water! Lots of it:) That being said, you'll actually need slightly less water than people usually do as plants are so water rich already. The best thing you can do is start your day with a large glass of water and then drink water throughout the day. If you think water is too boring or you're simply not used to it, add a little lemon juice to it or fresh berries and herbs to it. If you want to add juices, please prioritize green juices over fruit juices (it's better to just eat the fruit as you'll also get fiber) and keep in mind that juices are liquid meals rather than just a way to stay hydrated. More on juices during the Vegan Reset as we'll cover the topic in one of the lessons:) Another way to keep hydrated is to drink herbal tea.

What should I avoid?

We generally recommend avoiding alcohol, nicotine and (too much coffee) during the reset in order to get a maximum of benefits. That being said, the occasional glass of wine or cup of coffee is fine.

Other things to avoid during the Vegan Reset include all animal products (meat, fish, dairy (milk, cheese, ghee, yogurt, butter, cream), eggs, honey), as well as refined sugar and highly processed foods.

Will I experience "Detox"?

Detox (short for detoxification) is something your body does on its own, all the time. It is not something a certain food or pill can do for you, even though a lot of companies and cleanses have used this idea in order to sell you their products. Your body is an amazing and wonderful machine that heals itself and the best you can do is support it by feeding it fresh and nutrients dense food. When you change the way you eat, you are likely to experience some symptoms that indicate that your body is adapting. These symptoms can include feeling tired and having headaches and there may not be any at all. If you can, give your body plenty of rest and fluid during that time.

shopping list questions

When Should I go grocery shopping?

The closer to Monday, the better. Ideally Saturday night or Sunday morning. That way your produce will stay fresh longer.

Where should I shop?

Wherever you can and is convenient for you. Most ingredients should be available at regular supermarkets, but you can also check out farmers markets and online stores.

How much will it cost me?

That will depend on the brands you get, which store you shop that etc. We do our best to provide budget friendly alternatives, but please note that the first week may be a little more expensive than the other weeks if you don't already have some or most of the condiments. That being said, you'll be able to use these throughout and beyond the Vegan Reset.

Should I buy organic or conventional?

If you can, organic produce is a great option, but organic vs. conventional is not as black and white as it may seem. Not all organic produce is pesticide-free, for instance, and not all conventional produce contains pesticides. If the price difference is significant, opting for conventional produce is perfectly fine.

What if I can't find certain fruits and vegetables where I live?

Feel free to replace any of the fruits and vegetables with alternatives that are available to you. Not sure which one to choose? Ask us:)

Can I get frozen produce instead of fresh?

Fresh is always great, but if you can't find something in the fresh produce section or it's a lot more expensive, then sure, go for it!

shopping list questions

Should I get canned beans or buy them in bulk?

Two factors come into play here: convenience and cost. Getting cans or jars (make sure they're BPA-free) is more convenient, while buying in bulk is more affordable. Cooking dry legumes is more time consuming however.

Allergy specific questions

I'm allergic to tree nuts, what should I get instead?

You can replace most tree nuts with seeds like sunflower or hemp seeds.

I'm allergic to soy, what should I get instead?

You can use chickpeas or white beans instead of tofu or tempeh (for the weeks that contain them) and gluten-free tamari sauce instead of soy sauce.

I'm allergic to....?

For any other allergies, please email us or ask the question in the Facebook group as we want to make sure we provide you with an alternative that will both taste good and contain similar nutrients.

Vegan Reset questions

GENERAL AND ADMIN VEGAN RESET QUESTIONS

What if I don't have Facebook?

The Facebook group is there to provide extra support, but it's not an indispensable part of the program as you'll receive everything you need via email. We do, however, want to emphasize how beneficial group support can be, so we'd encourage you to create a profile for at least the duration of the program.

Should I share pictures of my meals?

You don't have to, but we'd love for you to share as much of your experience as you feel comfortable with:) We love seeing your photos and hearing from you, so it's highly encouraged! You can share in the Facebook group and/or on social media by tagging @veganreset and #veganreset. If you post pictures on Instagram, be sure to also tag us in the actual picture and/or send us the post via direct message so we don't miss it:)

What if I have questions about....?

Any admin questions can be sent to hello@veganreset.com. Any nutrition and fitness questions can be asked via email or in the group. We'll have a weekly Q&A covering the most frequently asked questions as well.

When should I expect to receive emails from you?

Once the program starts, you'll receive daily emails containing the lesson of the day. We usually send them out before 10AM in the mornings (East Coast time). You'll receive your weekly meal plan and shopping list in a separate email by Tuesday every week for the following week.

Vegan Reset questions

What if I'm not receiving some/all of your emails?

Check your spam folder and add hello@veganreset.com to your contacts. If that doesn't work, email us and we'll figure out a solution!

Do I get to keep the material once the reset is over?

Yes!

What if I can't start on the 8th?

We always have at least a few people who start a little later than others. That's not a problem at all, you'll still be able to benefit from the group support and won't feel like you missed out on anything.

What if I have to eat out or travel during the reset?

You don't need to stick with the meal 100%, simply make sure you eat vegan meals that include lots of fruits and vegetables, legumes etc. If you're going to a non-vegan restaurant, consider contacting them in advance to ensure they'll be able to provide options for you. If you're traveling, planning ahead and stocking up on healthy snacks is key!

Will the next Vegan Reset contain the same meals?

No, they'll be all new recipes:)

Have a question we didn't cover? Let us know:) Email us at hello@veganreset.com or ask the question in the Facebook group. We want you to feel as prepared as possible!