

28 DAY VEGAN RESET SHOPPING LIST - WEEK 4

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

Bananas, 6
Lemons, 3
Apples, 1
Mango, 1
Avocado, 3
Strawberries, 1 cup
Blueberries, 1 cup
Grapes, 1/2 cup

VEGETABLES & HERBS

Butternut Squash, 2 cups
Garlic, 1 bulb

Onion, 4
Zucchini, 1
Yellow Squash, 1
Celery, 6
Baby Spinach, 6 cups
Baby Greens, 1 cup
Romaine Lettuce, 2 cups
Cherry Tomatoes, 3 cups
Mixed Greens, 6 cups
Red Onions, 1
Green Onions, 1
Yukon Potatoes, 5
Broccoli, 2 heads
Mushrooms, 8 oz
Portobello Mushrooms, 2
Sun-Dried Tomatoes, 1/4 cup
Bell Pepper, 1
Parsley, 1 bunch
Carrots, 2

STAPLE FOODS (CONDIMENTS etc)

Curry Paste (any color)
Olive Oil
Tamari
Vegetable Broth
Sea Salt
Pepper
Garlic Powder
Mustard
Lemon Juice
Maple Syrup
Cinnamon
Vanilla Extract
Nutritional Yeast

LEGUMES

White Beans, 1 cup
Black Beans, 2 cups

NUTS & SEEDS

Cashews, 3 cups
Tahini, 5 tbsp
Almonds, 1 cup
Pecans, 1/2 cup
Peanut Butter, 1/2 cup
Almond Butter, 2 tbsp

GRAINS

Gluten-Free Bread, 4 slices
Oats, 1 1/2 cups
Rice, 1 1/2 cups
Elbow Macaroni, 2 oz
Quinoa, 1 cup

MYLK

Almond Milk, 5 cups
Full-Fat Coconut Milk, 1 can
Vegan Yogurt, 2 cups

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.