



14-DAY VEGAN RESET PLAN

Simple meals. Real reset. One step at a time.



Introduction

This plan is for anyone who wants to reset their eating habits and keep things simple.

You don't need complicated recipes or expensive ingredients to make a change. This plan focuses on real, everyday meals that are easy to prepare and easy to follow.

This isn't about being perfect.

It's about building better habits, one day at a time.

Stay consistent, keep it simple, and let the process work.



Grocery List

Produce

- Bananas
 - Apples
 - Spinach / greens
 - Cabbage
 - Broccoli
 - Bell peppers
 - Tomatoes
 - Cucumber
 - Avocados
 - Bok choy
 - Lemons
-

Canned & Dry

- Chickpeas
 - Black beans
 - Lentils
 - White beans
 - Tomato sauce
-

Grains & Bread

- Bread
 - Rice
 - Pasta
 - Tortillas
 - Pita bread
 - Oats
-

Plant Proteins

- Tofu
 - Vegan cheese
 - Hummus
-

Extras

- Plant-based milk
 - Peanut butter
 - Seasonings
 - Olive oil
-
-
-
-