

# 3 Day Restart Me Shopping List

## Produce:

- 2 small bananas
- 2 small apples (any variety)
- 1 lemon
- 1 lime
- 6 medium carrots
- 2 medium tomatoes
- 8 large tomatoes
- 3 medium yellow onions
- 2 stalks celery
- 4 medium cucumbers
- 4 medium red bell peppers
- 8 cups baby spinach (~2 bags)
- 1 bunch kale
- 30-40 stalks asparagus (~2 bunches)
- 4 medium zucchini
- 2 medium yellow squash
- 2 ripe avocados
- 1 serrano pepper
- 1 leek
- 8-9 cloves garlic
- 1 bunch fresh chives
- 1 bunch fresh parsley

## Frozen:

- 1 small bag frozen strawberries
- 1 small bag frozen blueberries
- 2 bags frozen green peas

## Misc:

- Coconut oil
- Extra-virgin olive oil
- Red wine vinegar
- Plant-based protein powder (we love Garden of Life or Sun Warrior)
- Pure maple syrup
- Ceylon cinnamon
- Red pepper flakes

## Nuts/Seeds/Dried Fruits:

- Almond butter
- Chia seeds
- Psyllium husk or ground flaxseed

#### Packaged

- 2 ½ cups unsweetened plant-based milk (~1-2 boxes/tetra packs)
- 20 cups low-sodium vegetable broth (~5 boxes/tetra packs)
- 3 cups kidney beans, cooked (~3 tetra packs)
- 3 cups black beans, cooked (~3 tetra packs)
- 2 cups dried French green lentils
- 1 cup tomato puree

#### Dairy:

- 1 cup organic plain 2% Greek yogurt or Vegan Yogurt (recipe on page 135 of book)

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*\*NOTE: The following items are used as optional soup toppings or add-in ingredients to some of the recipes.*

#### Optional Produce:

- 1 package dates
- 1 package strawberries
- 1 package cherry tomatoes
- 1 bunch green onions
- 1 bunch fresh thyme
- 1 bunch fresh cilantro
- 1 bunch fresh rosemary

#### Optional Misc:

- Chili oil
- Blueberry Powerfood Powder
- Nutritional yeast
- Ground turmeric
- Ground cumin

#### Optional Nuts/seeds/dried fruits:

- Hemp seeds
- Sliced almonds
- Pine nuts or pepitas
- Walnuts, chopped
- Raisins

#### Beverage Ingredients:

##### AM Riser Option #1:

- High-quality 100% Matcha powder
- 1-3 fresh limes/lemons/oranges

AM Riser Option #2:

- 3 cups hot green tea (~3 green tea bags)
- 1 ½" piece fresh ginger root
- 1 fresh lemon
- 3 cinnamon sticks

AM Riser Option #3:

- 1 ½" piece fresh ginger root
- 1 fresh lemon
- 3 cinnamon sticks

AM Riser Option #4:

- Ground turmeric or 1 ½" piece fresh turmeric root
- Raw honey
- 1-2 fresh lemons
- Dash of ground cinnamon (optional)

PM Relaxer:

- 3 chamomile tea bags
- 1 bunch fresh mint leaves
- Fennel seeds
- 3" piece fresh ginger root