

Shopping List - Dry Goods

If you're in the position to be able to shop for bulk items, here is a list of all of the dry goods that you can purchase in the lead up to embarking on the 30-day Plant Based Reset journey.

Fresh foods are of course best purchased on a weekly (or less) basis, depending on your circumstances.

Item	Amount
Artichoke hearts (in olive oil)	750 g
Artichoke hearts (in water)	2 x 440g can
Beans (Black-eyed)	500 g
Beans (Black)	6 x 400g can
Beans (Cannellini)	2 x 400g can
Beans (Navy / Pearl Haricot)	3x 400g can
Beans (Pinto)	1 x 400g can
Beans (Red Kidney)	2x 400g can
Beans (Romano or flat)	1 can
Bicarb soda	500 gm
Brandy or vodka	1 bottle
Brown sugar substitute (Monk)	1 kg
Butter (Almond)	Large tub (4L)
Butter (Natural unsweetened peanut)	1 kg
Butter (Unsalted)	1 kg
Chickpeas	7x 400 g cans (or equivalent)
Chilli flakes	500 g
Chocolate (Dark, Keto)	1.5 kg
Chocolate Dutch-processed cocoa powder	500 g
Coconut (unsweetened shredded)	500 g
Coconut aminos	500 ml
Coconut milk (full-fat)	5 x 400ml can
Coconut oil	Tub 1 kg
Coconut oil (Refined)	3 L
Coconut sugar	2 kg
Coconut Water	1 L
Corn tortillas	16 x 12 cm
Creatine	1½ teaspoon
Dates (Medjool)	1 kg
Dates (pitted)	1 kg
Dijon mustard	Small jar
Dried Fenugreek leaves	Small pack
Dried oregano	500 g
Dried thyme	100 g

Item	Amount
Dry white wine	1 bottle
Flour (all-purpose gluten-free)	5 kg
Flour (almond)	2 kg
Flour (Chickpea)	1 kg
Frozen Berries	2 kg
Frozen Edamame	2 kg
Frozen Mango	500 gm
Frozen Peas	500 g
Frozen Pineapple	500 g
Frozen Pomegranate seeds	250 g
Ghee	500 g
Gluten-free fettuccine	450g
Gochugaru (Korean chili powder)	100 g
Ground allspice	¼ teaspoon
Ground black pepper	1 pinch
Ground Cinnamon	1.5 kg
Ground Coriander	100 g
Ground Cumin	250 g
Ground Garam Masala	Small pack
Ground Ginger	250 g
Ground Nutmeg	100 g
Ground Smoked Paprika	500 g
Ground Turmeric	250 g
Hemp seed	2 kg
Honey	500 g
Instant espresso granules	Small jar
Kelp noodles	340 g pack x 4
Keto Chili Sauce	Small bottle
Kimchi	1 kg
Lasagna sheets (gluten-free no-boil)	1 pk
Lentil or chickpea spaghetti	450g
Lentils (green)	8 cans
Magnesium glycinate powder	1 tablespoon
Maple extract	500 ml
Maple syrup	3 Litre
MCT oil	1 litre
Milk (soy) <i>(if purchasing long life)</i>	500 ml
Milk (Unsweetened Almond) <i>(if purchasing long life)</i>	2 L

Item	Amount
Milk (Unsweetened Non-Dairy) <i>(if purchasing long life)</i>	14 litres
Miso White Miso	500 g
Monk fruit sweetener	500 g
Nutritional yeast	1 kg
Nuts (Almonds)	1.5 kg
Nuts (Brazil)	500 g
Nuts (Pecans)	500 g
Nuts (Pine)	100 g
Nuts (Raw cashews)	3 kg
Nuts (raw walnut)	500 g
Nuts (roasted peanuts)	1 kg
Nuts (slivered almonds)	1 cup
Nuts (Walnut)	2 kg
Oil (Avocado)	500 ml
Oil (Extra-virgin)	10 L
Oil (Sesame)	500 ml
Olives (in oil)	2 kg
Olives (Kalamata)	1 kg
Olives (Mixed in brine)	2 cups
Parsley (dried)	120 g
Paste (Thai red curry)	1 jar
Paste (Thai tamarind)	500 g
Paste (Tomato)	1 pk
Paste (Vanilla bean paste or vanilla extract)	500 ml
Peas (Dry split)	450 g
Pepitas	500 g
Pepper (Black corns)	5 kg
Pepper (Cayenne)	100 g
Powder (Arrowroot)	Small pack
Powder (Ashwagandha)	Small pack
Powder (Baking)	500 g
Powder (cacao)	2 kg
Powder (Chilli)	500 g
Powder (Cocoa)	1 kg
Powder (Cordyceps mushroom)	500 g
Powder (Curry)	100 g
Powder (Garlic)	500 g
Powder (Maca)	500 g

Item	Amount
Powder (Mild curry)	100g
Powder (Onion)	200 g
Powder (Vegan vanilla protein)	3 kg
Quinoa	3 kg
Raw honey	1 L
Raw or cooked beets	½ cup chopped
Red pepper flakes	250 g
Red wine	750 ml x2
Rice (Cauliflower)	1 kg
Rice (Forbidden / Black)	1 kg
Rolled oats	1 kg
Sea salt	2 kg
Sea Salt (Flake)	500 gm
Seaweed (Kombu)	1 pk
Seaweed (Nori)	1 pk
Seeds (Black mustard)	Small pack
Seeds (Caraway)	100 g
Seeds (Chia)	2 kg
Seeds (Flaxseed)	1 kg
Seeds (Pumpkin)	100 g
Seeds (Sesame)	250 g
Seeds (Sunflower)	1 kg
Seeds (Yellow mustard)	Small pack
Sparkling water	1 L
Sugar (Palm or brown)	100 g
Tahini	250 g
Tamari	2L
Tapioca starch	250 g
Tart cherry juice (no added sugar)	500 ml
Tomatoes (Crushed)	6 x 400g cans
Tomatoes (diced)	6x 400 g cans
Vinegar (Apple cider)	500 ml
Vinegar (Red wine)	500 ml
Vinegar (Rice wine)	1 L
Vinegar (Sherry)	500 ml
Vinegar (Unseasoned rice wine)	1 L
Vinegar (White wine)	1 L
Xanthan gum	100 g