

Reset Week 1 Grocery List

Week 1 Sample Meal Plan At-a-Glance

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Smoothie Swap	Reset Smoothie	Reset Smoothie	Reset Smoothie	Veggie Scramble	Reset Smoothie	Reset Smoothie	Reset Smoothie
Snack Swap	Produce + Protein	Produce + Protein	Produce + Protein	Produce + Protein	Produce + Protein	Produce + Protein	Produce + Protein
Meal	Your Choice	Salad	Your Choice	Reset Smoothie	Wrap	Your Choice	Your Choice
Meal	One Pan Meal	Your Choice	Buddha Bowl	Your Choice	Your Choice	Your Choice	Your Choice

Consolidated Grocery List

This grocery list has got you covered for 7 smoothies, 7 snacks, and 5 additional Reset meals for the week. In addition to the groceries listed here, make sure you get your usual groceries for the remainder of your meals.

- ☐ 7 cups greens (for smoothies, such as spinach, kale, or collards)
- ☐ 3.5 cup fresh or frozen fruit (for smoothies, such as strawberries, raspberries, or peaches)
- ☐ 8 cups veggies (for snacks, such as jicama sticks, cucumbers, bell peppers, snap peas, radishes, zucchini, carrots, etc.)
- ☐ 8 cups veggies (for roasting, such as broccoli, carrots, cauliflower, and mushrooms)
- ☐ 1 head sturdy leaves (for salad & wraps, such as romaine, butter lettuce, or cabbage)
- ☐ 12 oz. animal protein (such as chicken) or 2½ cups of plant protein (such as chickpeas) for one pan meal
- ☐ 2 eggs for scramble
- ☐ 1 ¾ cup dip (28 oz.) for snacking (such as hummus or tzatziki)
- ☐ dressing and/or sauce as needed for buddha bowl, salad, and wrap
- ☐ olive oil
- ☐ salt & pepper