



## BREAKFAST IDEAS

- Chia Overnight Oats 2 Ways
- Plant Yogurt w/ fruit & nuts/seeds
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Sweet & Tangy Dressing Veggie Bowl
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Tex-Mex Chili Mac
- 15-Minute Arugula Quinoa Salad
- Curried Lentils and English Peas
- Crispy Baked Tangy Tofu
- Orzo Spinach Roasted Veggie Salad
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Chocolate Peanut Butter Delights
- Fruits and Veggies
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Notes:





## WHAT'S INCLUDED

- Instructions (How to guide)
- WFPB Monkey & Me's Menu
- Shopping List (For Dinners)

## MENU

- Includes breakfast, lunch, dinner, and snack ideas with additional spaces to write in your own ideas, as well as, a section for notes.
- Each week we will feature a new menu, which is numbered. Each numbered menu has a corresponding shopping list.

## SHOPPING LIST

- Includes a shopping list for all the dinner ideas listed on the menu.
- We have segmented the shopping list into categories.
- Each dinner has a corresponding "Recipe Code."  
Example Recipe Code:  
Southern Collard Greens (SCG)  
Asian Veggie Stir Fry (AVS)
- With each shopping item, there is a "Recipe Code" along with an amount that indicates how much of that particular shopping item is needed to make that recipe.  
Example Shopping Item:  
3 celery stalks [(SCG=2) (AVS=1)]
- This allows you to easily and quickly subtract any recipe you choose not to make.



# Monkey & Me's Menu #12 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- 2 garlic bulbs [(TMCM=8cl.) (CLEP=2cl.) (CBTT=2cl.)]
- 1 medium red onion [(OSVS=.5)]
- 1 large yellow onion [(TMCM=1)]
- 1 medium yellow onion [(CLEP=.5)]
- 1 bunch of green onions [(TMCM=optional) (CBTT=2)]
- 1 green bell pepper [(TMCM=1)]
- 2 red bell peppers [(TMCM=1) (OSVS=1)]
- Mini sweet peppers (TMCM=optional)
- 2 jalapeno peppers [(TMCM=3)]
- 1 bunch of carrots [(AQS=4)]
- 1 small tomato [(TMCM=optional)]
- 1 large tomato (beefsteak) [(AQS=2)]
- cherry or grape tomatoes [(OSVS=30)]
- baby spinach [(OSVS=4C)]
- baby arugula [(AQS=5oz.)]
- 2 lemons [(OSVS=2)]
- 1 lime [(CBTT=1)]
- 1 avocado [(TMCM=1 optional)]
- 1 bunch of cilantro [(TMCM=optional)]
- 1 bunch of basil [(OSVS=15 leaves)]
- 1 head broccoli [(CLEP=2C)]
- 1 small zucchini [(OSVS=1)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Balsamic Vinegar [(AQS=2T)]
- Rice Wine Vinegar [(CBTT=2T)]
- Artichoke Hearts [(AQS=8 artichokes)]
- Tomato Juice [(TMCM=4C)]
- 1 – 15 oz. can black beans [(TMCM=1)]
- 1 – 15 oz. can pinto beans [(TMCM=1)]
- Nutritional Yeast [(TMCM=2T)]
- Brown Rice [(CBTT=optional)]
- Cornstarch [(CBTT=2T)]
- Organic Maple Syrup [(TMCM=2t) (OSVS=.5t) (AQS=2T) (CBTT=3T)]
- Hemp seeds [(OSVS=4T)]
- Chia seeds [(AQS=1t)]
- Dried Cherries [(AQS=.5C)]
- Dried green lentils [(CLEP=1C)]
- Walnuts [(AQS=.5C)]
- Quinoa [(AQS=1.5C)]
- Tamari [(CBTT=3T)]
- ✓ **San J Gluten Free Low Sodium**

- 4.25 cups Vegetable broth [(TMCM=1C) (OSVS=2C) (CLEP=1.25C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- Pasta of Choice [(TMCM=2C)]
- 12 oz. package orzo pasta [(OSVS=1)]
- Organic unsweetened peanut butter [(AQS=1T)]
- 15 oz. can light coconut milk [(CLEP=1)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- 1 block Firm Tofu [(CBTT=1)]
- Miso [(OSVS=2t)]
- ✓ **Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- Frozen Corn [(TMCM=1.5C)]
- English/Sweet Peas [(CLEP=2C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Garlic Powder [(TMCM=1t) (OSVS=1t +sprinkle)]
- Onion Powder [(TMCM=1t) (OSVS=1t +sprinkle)]
- Dried Basil [(OZVS=2t)]
- Sweet Paprika [(OSVS=sprinkle)]
- Smoked Paprika [(TMCM=1t)]
- Chipotle Pepper [(TMCM=.25t)]
- Curry Powder [(CLEP=1.5T)]
- Cumin [(TMCM=1t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_
- \_\_\_\_\_

## MISC:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Tex-Mex Chili Mac (TMCM), Orzo Spinach Roasted Veggie Salad (OSVS), 15-Minute Arugula Quinoa Salad (AQS) One-Pot Curried Lentils and English Peas (CLEP), Crispy Baked Tangy Tofu (CBTT)