



BREAKFAST IDEAS

- Spinach Chickpea Omelets
- Oats, Fruit, Nuts, Seeds, Plant Yogurt
- _____
- _____
- _____

LUNCH IDEAS

- Lemon Herb Asparagus Potato Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Mushroom Spinach Stroganoff
- Enchilada Casserole
- Big Salad with Caesar Dressing
- Acorn Squash Soup
- Vegan Pho
- _____
- _____

SNACKS IDEAS

- Healthy Vegan Snickerdoodles
- 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 #31 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- garlic bulbs [(MS=5cl.+1bulb) (VP=4cl.) (EC=5cl.)]
- red onion [(CD)]
- large yellow onion [(VP=1)]
- medium yellow onion [(MS=1) (EC=1)]
- green onions [(VP=optional)]
- ginger [(VP=1inch)]
- red bell pepper [(EC=1)]
- jalapeno pepper [(VP=optional)]
- carrots [(CD) (VP=2)]
- celery [(VP=1)]
- tomatoes [(CD)]
- cucumbers [(CD)]
- radishes [(CD)]
- salad greens of choice [(CD=amount of choice)]
- greens: kale, collards, or Swiss chard [(EC=5C)]
- baby spinach [(MS=4C)]
- lemon [(CD=1) (SS=.5)]
- lime [(VP=optional)]
- avocado [(EC)]
- cilantro [(VP=optional) (EC)]
- purple cabbage [(CD)]
- medium zucchini [(EC=1)]
- white button mushrooms [(MS=12 oz) (VP=6)]
- 8 oz. baby Bella mushrooms [(MS=1)]
- large head bok choy [(VP=1)]
- snow pea pods [(VP=15)]
- acorn squashes [(SS=2)]
- fresh rosemary [(SS=1T)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Medjool dates [(SS=10)]
- Cashews (raw) [(CD=.5C)]
- Pecans [(SS)]
- Distilled White Vinegar [(CD=4T)]
- Capers [(CD=2t)]
- 1 – 14 oz. can petite diced tomatoes [(EC=1)]
- 1 – 15 oz. cans chickpeas [(CD=1)]
- 1 – 15 oz. cans black beans [(EC=1)]
- 2 – 15 oz. cans cannellini beans [(MS=2)]
- Nutritional Yeast [(CD=1t)]
- Flour of choice [(MS=2T)]
- Sriracha [(VP=optional)]
- Molasses [(CD=.25t)]
- 2 lbs. pasta of choice [(MS=1) (CD=1)]

- Brown Rice Noodles [(VP=1)]
✓ **8 oz. box Annie Chun's Pad Thai Brown Rice Noodle**
- Tamari [(MS=2T) (VP=1T)]
✓ **San J Gluten Free Low Sodium**
- 2 cups Vegetable broth [(VP=2C)]
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- 3 cups Vegetable broth [(MS=3C)]
✓ **Pacific Organic Mushroom Stock**
- _____
- _____

REFRIGERATED

- Unsweetened plain plant milk [(MS=.25C) (CD=2T) (SS=1.5C)]
- Unsweetened plain plant yogurt [(MS=.25C)]
- Miso [(CD=1T)]
✓ **Miso Master Organic Mellow White**
- _____
- _____

FROZEN

- Frozen corn [(EC=1C)]
- _____
- _____

SPICES USED:

- Garlic Powder [(MS=1t) (CD=1t)]
- Garlic Granules [(SS=.5t)]
- Onion Powder [(MS=1t) (CD=1t)]
- Dried Minced Onion Flakes [(MS=1t)]
- Bay Leaves [(MS=1)]
- Dried Thyme [(MS=.5t)]
- Ground Mustard [(MS=.5t) (CD=pinch)]
- Dried Oregano [(EC=1t)]
- Chili Powder [(EC=2t)]
- Allspice [(SS=.5t)]
- Cinnamon Sticks [(VP=1 inch)]
- Peppercorns [(VP=1t)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- White Wine [(MS=.5C)]
- Corn Tortillas [(EC=6)]
- _____
- _____
- _____

Recipe Code: Vegan Mushroom Spinach Stroganoff (MS), Vegan Creamy Caesar Dressing (CD), Vegan Pho (VP), Acorn Squash Soup with Rosemary and Pecans (SS), Enchilada Casserole (EC)