



## BREAKFAST IDEAS

- Crumble Coffee Cake
- Oats, Nuts, Fruits & Plant Yogurt
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Tofu Dill Salad
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Spicy Black Bean Potato Stew
- Broccoli Soba Noodle Salad
- Breakfast Beans & Grits
- Southwestern Veggie Salad
- Thai Stir Fry
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Carrot Cake Blissballs
- 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 #33 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- garlic bulbs [(BBP=10cl.) (BBG=4cl.)]
- large red onion [(TSF=1) (SRV=1)]
- medium red onion [(BBP=1)]
- large yellow onion [(BBG=1)]
- green onions [(BSN=4) (TSF=2)]
- red bell peppers [(BBP=1) (TSF=1) (BBG=.5) (SRV=1)]
- orange bell peppers [(TSF=1) (SRV=1)]
- jalapeno peppers [(BBP=1)]
- carrots [(BSN=optional) (TSF=2)]
- red baby potatoes [(BBP=3C)]
- medium russet potatoes [(SRV=8)]
- salad greens of choice [(SRV)]
- baby spinach [(BBG=4C)]
- lime [(BSN=2t)]
- avocado [(BBP=optional) (SRV)]
- cilantro [(BBP=optional)]
- red/purple cabbage [(TSF=.5)]
- broccoli [(BSN=2C) (TSF=3heads)]
- small cauliflower [(TSF=1)]
- zucchini [(SRV=2)]
- yellow squash [(SRV=2)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Cashews (raw) [(SRV=.5C)]
- Peanuts [(BSN=optional)]
- Apple Cider Vinegar [(SRV=2t)]
- Sesame Seeds [(BSN=1T)]
- Rice Wine Vinegar [(BSN=1T+2t)]
- 14 oz. can petite diced fire roasted tomatoes [(BBP=1)]
- 15 oz. cans cannellini beans [(BBG=2)]
- 15 oz. can corn [(SRV=1)]
- 15 oz. cans black beans [(BBP=2) (SRV=1)]
- Yellow Corn Grits [(BBG=1C)]
- Flour of choice [(BBP=2T)]
- Baking Soda [(BBG=pinch)]
- Molasses [(BSN=.25t)]
- Tahini [(BSN=1T) (SRV=2T)]
- Unsweetened Cocoa Powder [(BBP=1t)]
- Organic Maple Syrup [(BSN=1T) (TSF=3T) (SRV=.5t)]
- 9 oz. package soba noodles [(BSN=1)]
- Red Curry Paste [(TSF=2T)]
- Thai Kitchen Red Curry Paste**
- Tamari [(BSN=3T) (TSF=9T)]
- San J Gluten Free Low Sodium**

- Vegetable broth [(BBP=1) (BBG=1C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Miso [(BSN=1T)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

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

## SPICES USED:

- Garlic Powder [(BBP=1t) (BSN=.5t) (TSF=1T+1t) (SRV=2t)]
- Onion Powder [(BBP=1t) (TSF=1T) (SRV=2t+.5t)]
- Dried Minced Onion Flakes [(BBP=2T)]
- Rubbed Sage [(BBG=1t)]
- Dried Oregano [(BBG=1t)]
- Fennel Seed [(BBG=.5t)]
- Dried Basil [(BBG=.5t)]
- Sweet Paprika [(SRV=1t)]
- Smoked Paprika [(BBG=1t) (SRV=1t)]
- Chili Powder [(BBP=1T) (SRV=1t)]
- Chipotle Powder [(BBP=.25t)]
- Red Pepper Flake [(BSN=.5t) (BBG=.5t)]
- Cumin [(BBP=.25t)]
- Cayenne Pepper [(BBP=.25t) (TSF=.25t)]
- Sea Salt
- Smoked Salt [(BBG)]
- Black Pepper
- \_\_\_\_\_
- \_\_\_\_\_

## MISC:

- Tortilla Chips (of choice) [(BBP=optional)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Spicy Black Bean and Potato Stew (BBP), Broccoli Soba Noodle Salad (BSN), Thai Stir Fry (TSF), Sausage-Flavored Breakfast Beans and Grits (BBG), Southwestern Roasted Veggie Salad (SRV)