



BREAKFAST IDEAS

- Savory Beetroot, Carrot & Oat Bake
- GF English Muffin w/ Hummus
- _____
- _____
- _____

LUNCH IDEAS

- Italian Spaghetti Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Creamy Herb Mushroom Pasta
- Chickpea Salad Sandwich/Wrap
- Southern Collard Greens
- Lentil Soup w/ Carrot & Ginger
- Thai Curry Brussel Sprout Soup
- _____
- _____

SNACKS IDEAS

- Chocolate Sesame Cookies
- Fruit 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:
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 #44 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(MP=1T) (CG=1T) (BS=1T) (RL=2T)]
- ☐ Red Onion [(CSS)]
- ☐ Large Yellow Onion [(CG=1)]
- ☐ Medium Yellow Onion [(MP=1) (BS=1) (RL=1C)]
- ☐ Green Onions [(CSS=.25C)]
- ☐ Green Bell Pepper [(CG=2)]
- ☐ Red Bell Pepper [(BS=1)]
- ☐ Carrots [(RL=2C)]
- ☐ Tomatoes [(CSS)]
- ☐ Celery [(CG=2ribs) (CSS=.25C)]
- ☐ Baby Spinach [(BS=4C)]
- ☐ Lemon [(CG=2T)]
- ☐ Lime [(BS=1t)]
- ☐ Medium Sweet Potato [(BS=1)]
- ☐ Potatoes [(RL=4)]
- ☐ Cilantro [(BS=optional)]
- ☐ Mushrooms of choice [(MP=12oz.)]
- ☐ Collard Greens [(CG=2 large bunches)]
- ☐ Brussel Sprouts [(BS=1 lb.)]
- ☐ Fresh Ginger [(BS=4-inch piece) (RL=.25C+1T)]
- ☐ Lettuce of choice [(CSS)]
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Cashews (raw) [(MP=.33C)]
- ☐ Apple Cider Vinegar [(RL=1T)]
- ☐ 15 oz. cans Cannellini Beans [(BS=1)]
- ☐ 16 oz. cans kidney beans [(CG=2)]
- ☐ 15 oz. can Chickpeas [(CSS=1)]
- ☐ Red Lentils [(RL=2C)]
- ☐ Sweet Relish/Dill Pickles [(CSS=.25C)]
- ☐ Flour/Thickener of Choice [(MP=2T) (CG=2T)]
- ☐ Tahini [(CSS=2T)]
- ☐ Dijon Mustard [(CSS=1T)]
- ☐ Liquid Smoke [(CG=1t)]
- ☐ Organic Maple Syrup [(CSS=1T)]
- ☐ Pasta of Choice [(MP=12oz.)]
- ☐ Rice of Choice [(CG)]
- ☐ Jar of Sweet Red Peppers (paste) [(RL=3T)]
- ☐ 14 oz. can **Lite** Coconut Milk [(BS=1)]
- ☐ Hot Sauce [(CG=.25t)]
 - ✓ **Frank's Red Hot Original**
- ☐ Red Curry Paste [(BS=4T)]
 - ✓ **Thai Kitchen Red Curry Paste**
- ☐ Tamari [(MP=2T)]
 - ✓ **San J Gluten Free Low Sodium**

- ☐ Vegetable broth [(MP=.5C) (CG=3.5C) (BS=1C) (RL=8C)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(MP=1C)]
- ☐ Miso [(MP=1T) (RL=4t)]
 - ✓ **Miso Master Organic Mellow White**
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Garlic Powder [(MP=1t) (CG=1t) (BS=1t)]
- ☐ Onion Powder [(MP=1t) (CG=1t) (BS=1t)]
- ☐ Dried Minced Onion Flakes [(MP=1T) (BS=1T)]
- ☐ Dried Thyme [(MP=1t)]
- ☐ Crushed Rosemary [(MP=pinch)]
- ☐ Turmeric [(RL=.25t)]
- ☐ Smoked Paprika [(CG=2t)]
- ☐ Red Pepper Flake [(CG=.25t) (BS=sprinkle)]
- ☐ Cumin [(RL=.1.25t)]
- ☐ Coriander [(RL=1.25t)]
- ☐ Aleppo Pepper [(RL=1.25t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ _____
- ☐ _____

MISC:

- ☐ White Wine [(MP=.5C)]
- ☐ WFPB Bread of Choice [(CSS)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Creamy Herb Mushroom Pasta (MP), Southern Collard Greens (CG), Thai Curry Brussel Sprout Soup (BS), Chickpea Salad Sandwich (CSS), Red Lentil Soup with Carrot and Ginger (RL)