



BREAKFAST IDEAS

- Apple Pie Oatmeal
- Mashed Sweet Potato & Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Greek Chickpea Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Cajun Pasta and Peppers
- Cruciferous Crunch Salad
- Easy Vegan Ramen
- Slow Cooker Marsala Lentils
- Tostadas w/ Cilantro Lime Sauce
- _____
- _____

SNACKS IDEAS

- Fiesta Salad
- 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 #48 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(CP=2T) (R=1T) (CC=1cl.) (ML=3cl.)]
- Ginger [(R=1.25t) (ML=1T)]
- Medium Red Onions [(CP=1C) (CL)]
- Medium Yellow Onions [(ML=1)]
- Green Onions [(R=4)]
- Green Bell Peppers [(CP=1)]
- Red Bell Peppers [(CP=1) (CL=1)]
- Carrots [(R=.25C) (CC=2)]
- Celery [(CP=2ribs) (R=.25C)]
- Collard Greens [(CP=6 leaves)]
- Greens of Choice [(CL)]
- Tomatoes [(CL)]
- Kale [(CC=2C)]
- Bean Sprouts [(R=1C-optional)]
- Purple Cabbage [(CC=2C)]
- Green Cabbage [(CC=2C)]
- Cilantro [(CL=1C)]
- Snow Pea Pods [(R=1C)]
- Brussel Sprouts [(CC=8 oz.)]
- Lemons [(CP=1T) (CC=.25C)]
- Limes [(CL=2T+2t)]
- Shitake Mushrooms [(R=4)]
- Sweet Potato [(CL=1)]
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(CC=1C)]
- Toasted Sesame Seeds [(R=1T)]
- Hemp Seeds [(CC=2T)]
- Slivered Almonds [(CC=2T)]
- Rice Vinegar [(R=1T)]
- Tomato Paste [(ML=.25C)]
- Tamarind Paste [(ML=2t-optional)]
- 14.5 oz. can Petite Diced Tomatoes [(ML=1)]
- 15 oz. can Black-Eyed Peas [(CP=1)]
- 15 oz. can Black Beans [(CL=1)]
- 15 oz. can Corn [(CL=1)]
- Lentils [(2.25C)]
- Thicker of Choice [(CP=1T)]
- Tahini [(CL=1T)]
- Organic Maple Syrup [(R=1T) (CL=2t) (ML=1t)]
- Pasta of choice [(CP=12 oz.)]
- Ramen Noodles [(R)]
- Rice of choice [(ML)]
- Chili Garlic Sauce [(R)]
- Light Coconut Milk [(ML=1C)]
- Dijon Mustard [(CC=2T)]

- Tamari [(CP=1T) (R=2T)]
- ✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(CP=1C) (R=1C) (ML=4C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(CP=.25C)]
- Miso [(CP=1T) (R=1T) (CL=1T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- Frozen Edamame [(R=.5C)]
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(CP=.25t)]
- Bay Leaves [(CP=1)]
- Cayenne Pepper [(CP=pinch)]
- Dried Dill Weed [(CP=pinch)]
- Garam Masala [(ML=1.5t)]
- Garlic Powder [(CP=1t) (CL=1t)]
- Onion Powder [(CP=1t) (CL=1t)]
- Dried Minced Onion Flakes [(CP=2T) (CL=2t)]
- Dried Oregano [(CP=.5t)]
- Smoked Paprika [(CP=1t)]
- Sweet Paprika [(CP=.5t)]
- Red Pepper Flake [(CP=.25t)]
- Dried Thyme Leaves [(CP=1t)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- Tortillas [(CL)]
- _____
- _____
- _____
- _____

Recipe Code: Cajun Pasta and Peppers (CP), Easy Vegan Ramen (R), Tostadas with Cilantro Lime Sauce (CL), Cruciferous Crunch Salad (CC), Slow Cooker Masala Lentils (ML)