



# MENU



## BREAKFAST IDEAS

- Carrot Cake Breakfast Cookie
- Hummus Veggie Wrap
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Mini Veggie Quinoa Flatbread
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Cilantro Lime Corn Salad Dinner
- Vegan Smoked Tomato Pasta
- Southern Kale & Butter Beans
- Vegan Two Lentil Potato Stew
- Salad w/ Vegan Italian Dressing
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Cilantro Lime Hummus
- 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 #50 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(SK=1T) (TL=2T)]
- Small Red Onions [(CS=.33C)]
- Medium Yellow Onions [(TL=1)]
- Medium White Onions [(SK=1)]
- Red Bell Peppers [(TL=1)]
- Jalapeno Peppers [(CS=1)]
- Carrots [(TL=1)]
- Celery [(TL=1 rib)]
- Grape Tomatoes [(CS=1.75C) (IP)]
- Sweet Potatoes [(CS)]
- Russet Potatoes [(TL=4)]
- Salad Greens of Choice [(IP)]
- Kale [(SK=1 bunch)]
- Asparagus [(IP=optional)]
- Green Beans [(IP=optional)]
- Radishes [(IP=optional)]
- Greek Olives [(IP=optional)]
- Beets [(IP=optional)]
- Cilantro [(CS=3T+1C) (TL)]
- Lemons [(IP=1T)]
- Limes [(CS=2)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Smoked Sundried Tomatoes [(ST=.75C)]
- Cashews (raw) [(ST=.75C)]
- Dried Brown Lentils [(TL=.5C)]
- Dried Split Red Lentils [(TL=.5)]
- Red Wine Vinegar [(IP=.25C+1T)]
- White Wine Vinegar [(IP=.25C +1T)]
- 8 oz. can Tomato Sauce [(ST=1)]
- 14.5 oz. can Petite Diced Tomatoes [(SK=1) (TL=1)]
- 15 oz. can Butter Beans [(SK=1)]
- Nutritional Yeast [(ST=.25C) (IP=1T)]
- Tahini [(IP=3T)]
- Organic Maple Syrup [(IP=1t)]
- Pasta of choice [(ST=1 lb.) (IP)]
- Rice of choice [(SK)]
- Tamari [(SK=3T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(ST=2.5C) (SK=.25C) (TL=.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_

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

## REFRIGERATED

- WFPB Hummus (of choice) [(CS=2C)]
- Miso [(SK=1T) (IP=2t)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- Frozen Corn [(CS=1C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Cayenne Pepper [(TL=.25t)]
- Celery Seed [(IP=pinch=optional)]
- Chipotle Powder [(SK=.5t)]
- Coriander [(CS=pinch) (TL=.25t)]
- Cumin [(TL=.5t)]
- Garlic Powder [(CS=.5t) (ST=.25t) (SK=1t) (TL=1t) (IP=1t)]
- Italian Seasoning [(IP=1T)]
- Onion Powder [(CS=.25t) (SK=1t) (TL=1t) (IP=1t)]
- Dried Minced Onion Flakes [(SK=1T) (IP=1t)]
- Smoked Paprika [(SK=.75t) (TL=1t)]
- Sweet Paprika [(SK=.5t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MISC:

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

**Recipe Code:** Cilantro Lime Corn Salad and Sweet Potato Dish (CS), Vegan Smoked Tomato Pasta (ST), Southern Kale and Butter Beans (SK), Vegan Two Lentil Potato Stew (TL), Oil Free Vegan Italian Parmesan Dressing (IP)