



BREAKFAST IDEAS

- Easy Gluten Free Vegan Oatmeal
- Baked Sweet Potato w/ PB & Cinn.
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Green Goddess Pasta Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Roasted Red Pepper Veggie Loaf
- Oil Free Vegan Lentil Falafel
- Spanish Bean Sweet Potato Stew
- Sheet Pan Chinese Cashew Tofu
- Sundried Tomato Basil Sauce
- _____
- _____

SNACKS IDEAS

- Chocolate Ice Cream Smoothie
- 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 #46 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(BB=2T) (F=2cl.) (CC=3cl.)]
- Ginger [(CC=1 inch)]
- Medium Red Onions [(BB=1)]
- Medium White Onions [(F=.5C)]
- Red Bell Peppers [(BB=1) (CC=2)]
- Carrots [(F=1)]
- Celery [(VL=2 ribs)]
- Medium Sweet Potatoes [(BB=1)]
- Baby Spinach [(ST=1C)]
- Flat Leaf Parsley [(BB) (F=.25C)]
- Fresh Basil [(ST=.25C)]
- Broccoli [(CC=2 heads)]
- Lemons [(ST=1t) (F=1T)]
- Limes [(CC=1T)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(CC=.5C)]
- Slivered Almonds [(ST=1C)]
- Medjool Dates [(VL=4)]
- Rice Vinegar [(CC=1T)]
- Tomato Paste [(VL=2T)]
- 14.5 oz. can Petite Diced Tomatoes [(BB=1)]
- 15 oz. can Cannellini Beans [(VL=1)]
- 15 oz. can Chickpeas [(VL=1)]
- 15.5 oz. can Butter Beans [(BB=2)]
- Dried Red Split Lentils [(F=1C)]
- Roasted Red Peppers [(VL=.5C)]
- Oat Flour [(F=2T)]
- Flaxseed Meal [(F=1T)]
- Cornstarch [(CC=1T)]
- Ketchup [(VL)]
- Organic Maple Syrup [(CC=.25C)]
- Sundried Tomato Halves [(VL=4) (ST=6)]
- Pasta of choice [(ST=1 lb.)]
- Rice of choice [(BB)]
- Panko Bread Crumbs [(VL=1C)]
- Sriracha [(CC=1t)]
- Tamari [(VL=2T) (BB=1T) (CC=.25C)]
- ✓ **San J Gluten Free Low Sodium**

- 1 cup Vegetable broth [(BB=1.5C) (ST=.25C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(ST=.5C)]
- Miso [(VL=1T) (BB=1T)]
- ✓ **Miso Master Organic Mellow White**
- Extra Firm Tofu [(CC=1 block)]
- _____
- _____
- _____
- _____

FROZEN

- Frozen Pearl Onions [(BB=10)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(VL=1t) (BB=1t) (ST=1t)]
- Onion Powder [(VL=1t) (BB=1t) (ST=.5t)]
- Dried Minced Onion Flakes [(VL=2T) (BB=2T)]
- Dried Oregano [(BB=1t) (F=1t)]
- Dried Parsley [(VL=1t)]
- Italian Seasoning [(VL=2t)]
- Bay Leaves [(BB=1)]
- Sweet Paprika [(VL=.5t)]
- Smoked Paprika [(BB=1t) (F=.5t)]
- Cumin [(F=1t)]
- Coriander [(F=1t)]
- Turmeric [(BB=.25t)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- _____
- _____
- _____
- _____

Recipe Code: Mini Roasted Red Pepper Veggie Loaves (VL), Spanish Butter Bean Sweet Potato Stew (BB), Fast and Easy Sundried Tomato Basil Sauce (ST), Oil-Free Vegan Lentil Falafel (F), Sheet Pan Chinese Cashew Tofu (CC)