



## BREAKFAST IDEAS

- Cornmeal Biscuit w/ PB+J
- Baked Potato w/ hummus & veggies
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Mediterranean Quinoa Salad Wrap
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan BBQ Lentil Sloppy Joes
- Mongolian Mushrooms & Onions Bowl
- Vegan Creamy Caesar Salad
- Italian Pasta and Kale
- Lebanese Soy Curls & Pea Stew
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Cinnamon Crinkle 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 #51 Shopping List

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## PRODUCE

- Garlic [(SJ=2T) (IP=2T) (LP=2T)]
- Ginger [(MM=.5t)]
- Small Red Onions [(CC) (IP=.5c)]
- Medium Yellow Onions [(SJ=1) (LP=1)]
- Medium Yellow Sweet Onions [(MM=1)]
- Green Onions [(MM=optional)]
- Green Bell Peppers [(SJ=1)]
- Carrots [(CC) (LP=.75C)]
- Celery [(SJ=1 rib)]
- Grape Tomatoes [(CC)]
- Mini-English Cucumbers [(CC)]
- Radishes [(CC)]
- Salad Greens of Choice [(CC)]
- Kale [(IP=4C)]
- Purple Cabbage [(CC)]
- Cremini Mushrooms [(MM=8oz.)]
- Lemons [(CC=2t)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Cashews (raw) [(CD=.5C)]
- Pine Nuts [(IP=3T)]
- Toasted Sesame Seeds [(MM=2T)]
- Rice Vinegar [(MM=1T)]
- White Distilled Vinegar [(CC=4T)]
- White Balsamic Vinegar [(IP=2T)]
- Apple Cider Vinegar [(SJ=2t)]
- Tahini [(IP=1.5t)]
- Oil-Free Sundried Tomato Halves [(IP=2T)]
- Tomato Paste [(LP=2T)]
- Tomato Sauce [(SJ=1C+3T)]
- 14.5 oz. can Petite Diced Tomatoes [(LP=1)]
- 15 oz. can Cannellini Beans [(IP=1)]
- 15 oz. can Chickpeas [(CC)]
- Capers [(CC=2t)]
- Dried Brown Lentils [(SJ=.75C)]
- Nutritional Yeast [(CC=1t)]
- Liquid Smoke [(SJ=.5t)]
- Molasses [(SJ=1T) (MM=1t) (CC=.25t)]
- Cornstarch [(MM=1t)]
- Organic Maple Syrup [(SJ=3T+1t) (MM=2t)]
- Pasta of choice [(CC=penne)]
- Pasta of choice [(IP=12oz. ziti)]
- Rice of choice [(MM=optional) (LP)]
- Soy Curls [(LP=1.5C)]
- Butler Soy Curls**

- Tamari [(SJ=1T) (MM=3T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(SJ=2C) (IP=.75C) (LP=1C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened Plain Plant Milk [(CC=2T)]
- Miso [(CC=1T) (IP=2t)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- Frozen Peas [(LP=13 oz. pkg)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Allspice [(LP=pinch)]
- Dried Basil [(IP=.5t)]
- Bay Leaves [(LP=1)]
- Cardamom [(LP=pinch)]
- Chili Powder [(SJ=2t)]
- Cinnamon [(LP=pinch)]
- Coriander [(LP=.75t)]
- Cumin [(SJ=.25t) (LP=.75t)]
- Garlic Powder [(SJ=1t) (CC=1t) (IP=1t) (LP=1t)]
- Italian Seasoning [(IP=2t)]
- Ground Mustard [(SJ=.5t) (CC=pinch)]
- Nutmeg [(LP=pinch)]
- Onion Powder [(SJ=1t) (CC=1t) (IP=.5t) (LP=1t)]
- Dried Minced Onion Flakes [(SJ=2T) (IP=1T) (LP=2T)]
- Dried Parsley [(IP=.5t)]
- Smoked Paprika [(SJ=1.5t)]
- Sweet Paprika [(SJ=.5t)]
- Red Pepper Flake [(MM=.25t) (IP=.25t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_
- \_\_\_\_\_

## MISC:

- Sandwich Buns (of choice) [(SJ)]
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Vegan BBQ Lentil Sloppy Joes (SJ), Mongolian Mushrooms and Onions (MM), Italian Pasta and Kale (IP), Vegan Creamy Caesar Dressing (CC), Lebanese Soy Curls and Pea Stew (Bazilla) (LP)