



## BREAKFAST IDEAS

- Vegan Muesli
- Sweet Potato Toast w/ hummus
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Sundried Tomato Basil Pasta
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Spicy Pineapple Chickpea Tacos
- Vegan Thousand Island Salad
- Berbere Potato Bean Stew
- Vegan Kung Pao Noodles
- Vegan Tamale Skillet
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Pecan Sweet Potato Rounds
- 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 #52 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(SP=2t) (TS=1T) (BS=2T)]
- Ginger [(KP=1T)]
- Medium Red Onions [(SP=.5) (TI) (KP=1) (TS=1C) (BS=1C)]
- Green Onions [(KP)]
- Green Bell Peppers [(KP=1) (TS=.5)]
- Red Bell Peppers [(KP=1) (TS=.5)]
- Jalapeno Peppers [(SP=1) (TS=2)]
- Carrots [(TI) (BS=1C)]
- Grape Tomatoes [(TI)]
- Red Skinned Potatoes [(BS=3C)]
- Salad Greens of Choice [(TI)]
- Microgreens of Choice [(TI)]
- Purple Cabbage [(TI)]
- Avocados [(SP)]
- Cilantro [(SP) (BS)]
- Kale/Tuscan Kale [(BS=4C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Cashews (raw) [(TI=.5C)]
- Peanuts [(KP=1C)]
- Hemp Seeds [(TI)]
- Pepitas [(TI)]
- Toasted Sesame Seeds [(KP=2T)]
- Rice Vinegar [(KP=2T)]
- White Distilled Vinegar [(SP=1T)]
- Apple Cider Vinegar [(TI=2T) (TS=1t)]
- Unsalted Almond Butter [(TS=2T)]
- Chili Garlic Sauce [(KP=1.5t)]
- Beets and Cabbage Raw Probiotic Kraut [(TI=optional)]
- Tomato Paste [(TI=1t) (TS=1T) (BS=1T)]
- 8 oz. can Tomato Sauce [(TS=1)]
- 14.5 oz. can Petite Diced Tomatoes [(BS=1)]
- 15 oz. can Chickpeas [(SP=2) (TI=1) (KP=1) (BS=1)]
- 15 oz. can Black Beans [(TS=1)]
- 15 oz. can Pinto Beans [(TS=1)]
- 15 oz. can corn [(SP=1) (TS=1)]
- 20 oz. can pineapple chunks (no sugar) [(SP=1)]
- Pickles of Choice [(TI=optional)]
- Flour/Thickener of Choice [(TS=1T)]
- Masa Harina [(TS=2T=optional)]
- Cornmeal [(TS=1C)]
- Almond Flour [(TS=3T)]
- Cornstarch [(KP=1T)]
- Baking Powder [(TS=2t)]

- Baking Soda [(TS=.5t)]
- Organic Maple Syrup [(SP=1T) (TI=1T+1t) (KP=2T) (TS=2T)]
- Organic Unsweetened Applesauce [(TS=3T)]
- Molasses [(KP=2t)]
- Liquid Smoke [(SP=1t)]
- 8 oz. Pad Thai Brown Rice Noodles [(KP=1)]
- Tamari [(SP=1T) (KP=.25C) (BS=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(TS=1C) (BS=1.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened Plain Plant Milk [(TS=.25C)]
- Miso [(TI=2t) (KP=1T) (BS=2t)]
- Miso Master Organic Mellow White**
- Hummus of Choice [(BS)]
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

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

## SPICES USED:

- Berbers Spice [(BS=1.25t)]
- Celery Seed [(TI=pinch)]
- Chili Powder [(SP=2T+1t) (TI=pinch) (TS=1T+1t)]
- Cinnamon [(BS=pinch)]
- Chipotle Powder [(SP=.5t) (TS=.25t)]
- Cumin [(SP=1t) (TS=.5t) (BS=.75t)]
- Garlic Powder [(TI=1t) (TS=1t) (BS=1t)]
- Ground Mustard [(TI=.25t)]
- Onion Powder [(TI=1t) (TS=1t) (BS=1t)]
- Dried Minced Onion Flakes [(TS=2T)]
- Dried Oregano [(TS=.25t)]
- Smoked Paprika [(TS=.25t)]
- Sweet Paprika [(TI=1t)]
- Red Pepper Flake [(KP)]
- Turmeric [(BS=.25t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_

## MISC:

- Taco/Tortilla Shells (of choice) [(SP)]
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Spicy Pineapple Chickpea Tacos (SP), Oil Free Vegan Thousand Island Dressing (TI), Vegan Kung Pao Noodles (KP), Vegan Tamale Skillet (TS), Berbere Potato Bean Stew (BS)