



## BREAKFAST IDEAS

- Carrot Cake Oatmeal Bake
- GF English Muffin w/ PB&J
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Hummus Bean Salad
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan Lentil Hamburger Helper
- Vegan Samosa Rolls
- Vegan Arroz Con Pollo
- Moroccan Carrot Quinoa Salad
- Vegan Clam Chowder
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Fudgy Chocolate Banana Bread
- 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 #61 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(H=1t) (S=1T) (A=2T) (CC=1t)]
- Ginger [(S=1t)]
- Medium Red Onions [(S=.75C)]
- Medium Yellow Onions [(A=1) (CC=1)]
- Small Yellow Onions [(H=.5C)]
- Medium Shallot [(M=1)]
- Chives [(CC=optional)]
- Green Bell Peppers [(A=1)]
- Red Bell Peppers [(A=1)]
- Jalapeno Peppers [(S=1T)]
- Carrots [(M=1 lb.) (CC=1)]
- Celery Ribs [(CC=2)]
- Russet Potatoes [(S=2.25C)]
- All Purpose Potatoes [(CC=7 small)]
- Small Sweet Potatoes [(S=1)]
- Radishes [(M=6)]
- Cilantro [(S) (M=.5C)]
- Flat Leaf Parsley [(A)]
- White Button Mushrooms [(CC= 8 oz.)]
- Lemons [(A) M=2t)]
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Cashews (raw) [(H=.33C) (CC=.5C)]
- Pistachios [(M=.5C)]
- Golden Raisins [(M=1C)]
- Rice Vinegar [(S=3T)]
- White Distilled Vinegar [(H=1t)]
- White Balsamic Vinegar [(M=4T)]
- Tomato Paste [(A=2T)]
- 15 oz. can Chickpeas [(S=1) (M=1)]
- 1 – 14 oz. can Brown Lentils [(H=1)]
- Nutritional Yeast [(H=.25C)]
- Capers [(A=2T)]
- Flour of choice [(CC=1T)]
- Cornstarch [(S=.5t)]
- Tahini [(M=2T)]
- Ketchup [(H=2T)]
- Green Olives (no oil) [(A=8)]
- Organic Maple Syrup [(S=4T) (M=1t)]
- Molasses [(S=.5t)]
- Elbow Macaroni [(H=2.25C)]
- Rice of choice [(A=1C)]
- Tri-Colored Quinoa [(M=1.5C)]
- Liquid Smoke [(H=.25t)]
- Hot Sauce [(H=1T)]
- Frank's RedHot Sauce**

- Tamari [(H=1T) (S=1t) (A=1T) (CC=1t)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(H=.75C) (A=1.5C) (CC=2.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened Plain Plant Milk [(H=1C) (CC=.75C)]
- Unsweetened Plain Plant Yogurt [(H=2T)]
- Miso [(A=1T)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_

## FROZEN

- Frozen Peas [(S=.75C)]
- Frozen Corn [(CC=.75C)]
- \_\_\_\_\_

## SPICES USED:

- Bay Leaves [(CC=1)]
- Cayenne Pepper [(S=pinch+.25t) (A=.25t) (M=pinch)]
- Cinnamon [(S=pinch)]
- Coriander [(M=.25t)]
- Cumin [(S=1t+.25t) (A=1t)]
- Curry Powder [(S=1t)]
- Dulse Flakes [(CC=1t optional)]
- Ground Fennel Seeds [(S=.25t)]
- Garam Masala [(S=.5t)]
- Garlic Powder [(H=1t) (S=.5t) (A=1t) (M=.5t)]
- Ginger [(S=.25t)]
- Ground Mustard Powder [(H=3t)]
- Onion Powder [(H=1t) (S=.5t) (A=1t)]
- Dried Minced Onion Flakes [(H=1T) (A=2T)]
- Dried Oregano [(A=1t)]
- Freeze Dried Shallots [(CC=1T)]
- Smoked Paprika [(A=2t)]
- Sweet Paprika [(H=.5t) (CC=.25t)]
- Dried Thyme Leaves [(CC=.25t)]
- Turmeric [(S=.25t)]
- Sea Salt
- Black Pepper

## MISC:

- Almond Flour Tortillas (or tortillas of choice) [(S=8)]
- Siete Almond Flour Tortillas**
- Soy Curls (Internet Purchase) [(A=1.5C)]
- Butler Soy Curls**
- White Wine [(CC=.5C)]
- \_\_\_\_\_

**Recipe Code:** Vegan Lentil Hamburger Helper (H), Vegan Samosa Rolls (S), Vegan Arroz Con Pollo (A), No Oil Moroccan Carrot Quinoa Salad (M), Vegan Clam Chowder (CC)