



## BREAKFAST IDEAS

- Cornmeal Biscuit w/ PB & J
- Sweet Potato Toast w/ Hummus
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Vegan Curried Chickpea Salad
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Tex-Mex Pasta Salad
- Southern Collard Green Potato Stew
- Vegan Cauliflower Migas
- Red Pepper Vinaigrette Bowl
- Vegan Veggie Bean Cassoulet
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Red Pepper Walnut Dip
- 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 #67 Shopping List

www.monkeyandmekitchenadventures.com

### PRODUCE

- ☐ Garlic [(S=1T) (M=1t) (B=1T)]
- ☐ Medium Red Onions [(P=.75C) (M=.5C) (V)]
- ☐ Large Yellow Onions [(S=1.33C)]
- ☐ Medium Yellow Onions [(B=1)]
- ☐ Green Bell Peppers [(S=1C)]
- ☐ Red Bell Peppers [(M=1C)]
- ☐ Jalapeno Peppers [(M=1)]
- ☐ Yellow Beets [(V)]
- ☐ Carrots [(B=.75C)]
- ☐ Celery [(S=.5C) (B=.75C)]
- ☐ Cherry Tomatoes [(M) (V)]
- ☐ Grape Tomatoes [(P=1 pint)]
- ☐ Red Skinned Potatoes [(S=4C)]
- ☐ Mini-English Cucumbers [(V)]
- ☐ Radishes [(V)]
- ☐ Salad Greens of Choice [(V)]
- ☐ Collard Greens [(S=8C)]
- ☐ Small Zucchini [(V) (B=1)]
- ☐ Small Squash [(B=1)]
- ☐ Avocados [(P=optional) (M)]
- ☐ Cilantro [(P=optional) (M)]
- ☐ Flat Leaf Parsley [(S=optional)]
- ☐ Cauliflower [(M=3C)]
- ☐ Limes [(P=1T)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### DRY/CANNED/JARRED GOODS

- ☐ Black Olives [(P=.5C optional)]
- ☐ Pepitas [(V)]
- ☐ Hemp Seeds [(V)]
- ☐ Unsalted Almond Butter [(B=1T)]
- ☐ Red Wine Vinegar [(P=2T)]
- ☐ White Distilled Vinegar [(P=2T)]
- ☐ Ume Plum Vinegar [(V=1t)]
- ☐ Apple Cider Vinegar [(S=optional) (V=.25C) (B=.5t)]
- ☐ Roasted Red Peppers [(V=.5C)]
- ☐ Tomato Sauce [(P=.25C+1T)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(S=1)]
- ☐ 15 oz. can Fire Roasted Corn [(P=1)]
- ☐ 15.5 oz. can Cannellini Beans [(B=1)]
- ☐ 15.5 oz. can Navy Beans [(B=1)]
- ☐ 15 oz. can Chickpeas [(V=optional)]
- ☐ 15.5 oz. can Black Beans [(P=1)]
- ☐ 15.5 oz. can Black-eyed Peas [(S=1)]
- ☐ Nutritional Yeast [(M=1T)]
- ☐ Cornmeal [(B=.5C)]
- ☐ Almond Flour [(B=1T)]
- ☐ Baking Powder [(B=.5t)]

- ☐ Baking Soda [(B=pinch)]
- ☐ Tahini [(P=2t) (V=1.5t)]
- ☐ Liquid Smoke [(S=1.5t) (B=1.5t)]
- ☐ Organic Maple Syrup [(P=3t) (V=2t) (B=1T)]
- ☐ 12 oz. Tri-Colored Fusilli Pasta [(P=1)]
- ☐ Salsa (of choice) [(M=.5C)]
- ☐ Hot Sauce [(S=2T)]
  - ✓ **Frank's RedHot Sauce**
- ☐ Tamari [(P=2t) (M=1T) (B=1T)]
  - ✓ **San J Gluten Free Low Sodium**
- ☐ Vegetable broth [(S=1C) (M=2T) (B=1C)]
  - ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(B=2T)]
- ☐ Unsweetened Plain Plant Yogurt [(B=2T)]
- ☐ Miso [(P=1t optional) (V=2t) (B=1t)]
  - ✓ **Miso Master Organic Mellow White**
- ☐ \_\_\_\_\_

### FROZEN

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### SPICES USED:

- ☐ Bay Leaves [(S=2) (B=1)]
- ☐ Cayenne Pepper [(S=.25t)]
- ☐ Celery Seed [(V=pinch – optional)]
- ☐ Chili Powder [(P=1.5t)]
- ☐ Cumin [(M=.25t)]
- ☐ Dried Dill Weed [(S=.25t)]
- ☐ Garlic Powder [(P=1t) (S=1.25t) (M=1t) (V=1t) (B=1t)]
- ☐ Onion Powder [(P=1t) (S=1.25t) (M=1t) (V=1t) (B=1t)]
- ☐ Dried Minced Onion Flakes [(S=2T) (M=1T) (B=2T)]
- ☐ Dried Oregano [(S=1t)]
- ☐ Dried Parsley [(B=1t)]
- ☐ Smoked Paprika [(P=1.5t) (S=1.5t) (M=.5t)]
- ☐ Sweet Paprika [(P=.5t) (S=.5t)]
- ☐ Dried Crushed Rosemary [(B=pinch)]
- ☐ Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)]
- ☐ Turmeric [(M=pinch)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ \_\_\_\_\_

### MISC:

- ☐ Corn Tortillas (of choice) [(M=5)]
- ☐ \_\_\_\_\_

**Recipe Code:** Tex-Mex Pasta Salad (P), Southern Collard Green Potato Stew (S), Vegan Cauliflower Migas (M), Roasted Red Pepper Vinaigrette Bowl (V), Vegan Veggie Bean Cassoulet (B)