



## BREAKFAST IDEAS

- Veggie Breakfast Scramble
- Oatmeal w/ Fruits & Nuts/Seeds
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Cajun Pasta and Peppers
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- African Peanut Stew
- Fast and Easy Sesame Noodles
- Instant Pot Lentil Tacos
- Vegan Caesar Dressing Salad
- Veggie Loaf
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Vegan Rice Krispie Treats
- 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 #79 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(A=2T) (S=1T) (X=1T)]
- Ginger [(A=2t) (S=2t)]
- Medium Red Onions [(V)]
- Large Yellow Onions [(A=1C)]
- Medium Yellow Onions [(X=1)]
- Green Onions [(S=4)]
- Jalapeno Peppers [(A=1)]
- Carrots [(S=.5C) (V) (X=1)]
- Celery [(X=2)]
- Grape Tomatoes [(V)]
- Sweet Potatoes [(A=2.5C)]
- Mini-English Cucumbers [(V)]
- Radishes [(V)]
- Salad Greens of Choice [(V)]
- Kale [(A=3C)]
- Cilantro [(A)]
- Snow Pea Pods [(S=1.5C)]
- Lemons [(V=2t)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Medjool Dates [(X=4)]
- Cashews (raw) [(V=.5C)]
- Walnuts [(X=.25C)]
- Toasted Sesame Seeds [(S=2T)]
- Hemp Seeds [(V)]
- Rice Vinegar [(S=1T)]
- White Distilled Vinegar [(C=4T)]
- Capers [(V=2t)]
- Tomato Paste [(L = 3T) (X=4T)]
- Tomato Sauce [(L= 8 oz.)]
- 14.5 oz. can Petite Diced Tomatoes [(A=1)]
- 15 oz. can Chickpeas [(A=2C) (V) (X=2)]
- Dried Brown Lentils [(L=2C)]
- Nutritional Yeast [(V=1t)]
- Flour (of choice) [(A=1T)]
- Spaghetti (or noodles of choice) [(S= 8oz.)]
- Pasta (of choice) [(V)]
- Tahini [(S=1T)]
- Organic Maple Syrup [(S=1T) (L=1T)]
- Molasses [(V=.25t)]
- Ketchup [(X=.5C)]
- Unsalted Almond Butter [(X=2T)]
- Unsalted Peanut Butter [(A=.5C)]
- Peanuts [(A=optional)]
- Chili Garlic Sauce [(S=1t)]

- Huy Fong Chili Garlic Sauce**
- Tamari [(A=1T) (S=3T) (X=3T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(A=2C) (L=2C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

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

## FROZEN

- Frozen Edamame [(S=1C)]
- Frozen Peas [(X=.5C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Cayenne Pepper [(A=.25t) (L=.25t)]
- Chili Powder [(A=1T) (L=1T+1t)]
- Coriander [(A=1t)]
- Cumin [(A=1T) (L=1t)]
- Garlic Powder [(A=1t) (L=2t) (V=1t) (X=1.5t)]
- Ground Mustard [(V=pinch)]
- Onion Powder [(A=1t) (L=1t) (V=1t) (X=1t)]
- Dried Minced Onions [(A=2T) (L=2T) (X=2T)]
- Dried Parsley [(X=2t)]
- Smoked Paprika [(L=2t)]
- Sweet Paprika [(A=1t) (X=.25t)]
- Red Pepper Flake [(S=.25t) (X=.25t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MISC:

- Taco Shells (of choice) [(L)]
- Panko Crumbs [(X=1.5C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** African Peanut Stew (A), Fast and Easy Sesame Noodles (S), Instant Pot Lentil Tacos (L),  
Vegan Creamy Caesar Dressing Salad (V), Veggie Loaf (X)