



BREAKFAST IDEAS

- PB Banana Cookie Scones
- Roasted Veggie Wrap
- _____
- _____
- _____

LUNCH IDEAS

- Healthy Italian Spaghetti Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Italian American Goulash
- Asian Green Beans and Mushrooms
- White Bean Potato Chili
- Vegan Greek Chickpea Salad
- Confetti Cornmeal Cakes
- _____
- _____

SNACKS IDEAS

- Vegan 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 #87 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic Cloves [(G=2T) (A=3+1T) (W=2T)]
- Ginger [(A=2t)]
- Small Red Onions [(X=.25C) (K=3T)]
- Medium Yellow Onions [(G=1C) (W=1C)]
- Green Onions [(A)]
- Green Bell Peppers [(G=1C) (X=1)]
- Red Bell Peppers [(K=.25C)]
- Jalapeno Peppers [(W=1) (K=2T)]
- Carrots [(W=.25C)]
- Celery [(W=.25C)]
- Grape Tomatoes [(W)]
- Russet Potatoes [(W=2.5 lbs.)]
- Fresh Green Beans [(A=1 lb.)]
- Avocados [(W)]
- Cilantro [(W)]
- Mushrooms [(A=8 oz.)]
- Lemons [(X=1T+1.5t)]
- Limes [(W=2t)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Toasted Sesame Seeds [(A)]
- Red Wine Vinegar [(X=2.25t)]
- Rice Vinegar [(A=1T)]
- Apple Cider Vinegar [(K=.25t)]
- Tomato Paste [(G=1T) (A=1t)]
- Tomato Sauce [(G=8 oz.)]
- 14.5 oz. can Petite Diced Tomatoes [(G=1)]
- 15 oz. can Cannellini Beans [(W=1)]
- 15 oz. can Chickpeas [(A=.75C) (W=1) (X=1)]
- 15 oz. can Black Beans [(K=.25C)]
- 14 oz. can Lentils [(G=1)]
- 4 oz. can Mild Green Chilies [(W=1)]
- 15 oz. can corn [(W=1)]
- Nutritional Yeast [(G=.25C) (W=4T)]
- Brown Rice Flour [(K=2T)]
- Flax meal [(K=1T)]
- Cornstarch [(A=2t)]
- Baking Soda [(G=.25t) (A=pinch) (K=.25t)]
- Baking Powder [(K=2t)]
- Tahini [(A=.5t) (X=1T) (K=1t)]
- Cornmeal [(K=1C)]
- Organic Maple Syrup [(A=3T) (X=.75t) (K=2t)]
- Elbow Macaroni (or Pasta of choice) [(G=1.5C)]
- Rice of choice [(A)]
- Chili Garlic Paste [(A=.25t)]

✓ **Huy Fong Chili Garlic Paste**

Tamari [(G=1T) (A=4T)]

✓ **San J Gluten Free Low Sodium**

Vegetable broth [(G=.5C) (A=2T) (W=2C)]

✓ **Pacific Organic Vegetable Stock – Low Sodium**

REFRIGERATED

Unsweetened Plain Plant Yogurt [(X=2T+.5t)]

Unsweetened Plain Plant Milk [(K=2T+1t)]

FROZEN

Frozen Corn [(K=1C+.25C)]

SPICES USED:

- Dried Basil [(G=1.5t)]
- Bay Leaves [(G=1)]
- Chili Powder [(W=1T) (K=2t)]
- Chipotle Powder [(K=pinch)]
- Coriander [(W=pinch)]
- Cumin [(W=1.5t) (K=.25t)]
- Garlic Powder [(G=1t) (W=1t) (X=.5t) (K=1t)]
- Italian Seasoning [(G=.5t)]
- Onion Powder [(G=1t) (W=1t) (X=.5t) (K=1t)]
- Dried Minced Onions [(G=2T) (W=2T) (K=2T)]
- Dried Oregano [(G=1.5t) (W=1t) (X=.5t)]
- Dried Parsley [(G=1t)]
- Smoked Paprika [(K=1t)]
- Sweet Paprika [(G=1t)]
- Red Pepper Flake [(G=.25t) (A=.25t)]
- Dried Thyme Leaves [(G=.5t)]
- Sea Salt
- Black Pepper
- _____

MISC:

Tortilla Chips (of choice) [(W)]

Bread, Burger Buns or Pita [(X)]

Recipe Code: Vegan Italian American Goulash (G), Asian Green Beans and Mushrooms (A), White Bean Potato Chili (W), Vegan Greek Chickpea Salad (X), Confetti Cornmeal Cakes (K)