



BREAKFAST IDEAS

- Apple Walnut Cookie Scones
- Roasted Veggie Bowl w/ Hummus
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Veggie Miso Soup
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Moroccan Mushroom Tagine
- Vegan Italian Burger
- Asian Chickpea Salad
- No Oil Greek Dressing Bowl
- Veggie Skillet Lasagna
- _____
- _____

SNACKS IDEAS

- Vegan Chocolate Chip 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 #89 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(B=1T) (G=2 cloves) (L=1T)]
- Ginger [(A=2.5t)]
- Large Red Onions [(G=1)]
- Small Red Onions [(A=.25C+2T)]
- Large Yellow Onions [(L=1C)]
- Medium Yellow Onions [(B=.5)]
- Green Bell Peppers [(G=1)]
- Red Bell Peppers [(M=1)]
- Carrots [(B=1)]
- Celery Ribs [(B=1)]
- Cherry Tomatoes [(G=6)]
- Large Sweet Potatoes [(M=2)]
- Mini-English Cucumbers [(G=2)]
- Radishes [(G=3)]
- Salad Greens of Choice [(G)]
- Rainbow Blend Veggie Slaw Mix [(A=1C)]
- Baby Spinach [(L=2C)]
- Small Zucchini [(L=1C)]
- Mushrooms [(M=10 oz.)]
- White Button Mushrooms [(B= 4oz.)]
- Cilantro [(M)]
- Flat Leaf Parsley [(L=2t)]
- Gala Apple [(A=1)]
- Lemons [(G=2T)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(G=12)]
- Flax Meal [(B=2T)]
- Unsalted Almond Butter [(B=2T) (A=2T)]
- Red Wine Vinegar [(G=3T)]
- Rice Vinegar [(A=2T)]
- White Distilled Vinegar [(A=1t)]
- Greek Olives [(G=1C)]
- Greek Pepperoncinis [(G=8)]
- Tomato Paste [(B=2T)]
- 15 oz. can Chickpeas [(M=1) (A=1)]
- 14 oz. can Brown Lentils [(B=1) (L=1)]
- Panko Crumbs [(B=1C)]
- Nutritional Yeast [(B=1T) (L=2T)]
- Tahini [(M=1.5t) (A=1T)]
- Organic Maple Syrup [(A=1t)]
- Fusilli Pasta (or of choice) [(L=10 oz.)]
- Cooked Brown Rice [(B=.5C)]
- Cooked Quinoa [(G=1C)]

- Marinara Sauce [(L=2C)]
- Tamari [(M=1T) (B=1T) (A=1T)]
✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(M=.25C+2T) (L=.25C)]
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- Vegan Cream Cheese [(L=.5C)]
✓ **Kite Hill Cream Cheese**
- Vegan Ricotta Cheese [(G=1C)]
✓ **Kite Hill Ricotta Cheese**
- _____
- _____

FROZEN

- Frozen Pearl Onions [(M=7oz.)]
- Frozen Peas [(M=.75C)]
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(B=1.5t) (G=.5t) (L=1t)]
- Chili Powder [(M=1t)]
- Cumin [(M=1t)]
- Ground Fennel [(B=.5t) (L=.25t)]
- Garlic Powder [(M=.5t) (B=1t) (A=1t) (L=1t+.5t)]
- Ground Mustard Powder [(B=1.5t)]
- Onion Powder [(M=.5t) (B=1t) (G=.5t) (L=1t+.5t)]
- Dried Minced Onions [(M=1T) (B=2T)]
- Dried Oregano [(B=2t) (G=1t)]
- Dried Parsley [(B=1.5t)]
- Smoked Paprika [(M=.5t)]
- Sweet Paprika [(M=.5t)]
- Red Pepper Flake [(B=.25t) (L=.25t)]
- Dried Crushed Thyme Leaves [(B=.5t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Burger Buns (of choice) [(B)]
- Burger "Fixing" (of choice) [(B)]
- Sandwich Bread (of choice) [(A)]
- _____
- _____

Recipe Code: Moroccan Mushroom Tagine (M), Vegan Italian Burger (B), Asian Chickpea Salad (A), No Oil Greek Dressing Bowl (G), Veggie Skillet Lasagna (L)