



## BREAKFAST IDEAS

- Chocolate Pancakes
- Plant Yogurt, Fruit, Oats & Seeds
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Pickled Hummus Veggie Wrap
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan Blue Cheese Dressing Bowl
- Vegan Hungarian Chicken Paprikash
- Vegan Cincinnati Chili
- Sweet Potato Black Bean Taquitos
- Southern Collard Greens
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Oatmeal Raisin 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 #90 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(H=2T) (N=2T) (G=1T)]
- Small Red Onions [(B)]
- Large Yellow Onions [(H=1C) (N=1C) (G=1)]
- Small Yellow Onions [(N)]
- Green Bell Peppers [(G=2)]
- Red Bell Peppers [(H=1C)]
- Carrots [(B)]
- Celery Ribs [(G=2)]
- Grape Tomatoes [(B)]
- Large Sweet Potatoes [(P=2)]
- Button Mushrooms [(H=8 oz.)]
- Mini-English Cucumbers [(B)]
- Salad Greens of Choice [(B)]
- Large Bunch Collard Greens [(G=2)]
- Cilantro [(P) (J=.5C)]
- Flat Leaf Parsley [(H)]
- Lemons [(G=2T)]
- Limes [(J=1T)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Cashews (raw) [(H=.25C) (J=.33C)]
- Unsalted Almond Butter [(N=1T)]
- Hemp Seeds [(B)]
- White Distilled Vinegar [(B=3T) (H=1t)]
- Ume Plum Vinegar [(B=2t)]
- Apple Cider Vinegar [(N=1T)]
- Pickled Jalapeno Peppers [(P) (J=.5C)]
- Tomato Paste [(H=1T) (N=1T)]
- Tomato Sauce [(N= 8 oz.)]
- 14.5 oz. can Petite Diced Tomatoes [(H=1)]
- 16 oz. can Kidney Beans [(N=1) (G=2)]
- 15 oz. can Chickpeas [(B)]
- 15 oz. can Black Beans [(P=1)]
- 14 oz. can Brown Lentils [(N=1)]
- Nutritional Yeast [(B=2T) (N)]
- Flour (of choice) [(H=2T) (N=1t)]
- Cornstarch [(G=2T)]
- Baking Soda [(H=.25t) (N=.25t)]
- Tahini [(B=2T+1t)]
- Organic Maple Syrup [(B=.5t)]
- Pasta of choice [(B) (H=12 oz.)]
- Spaghetti [(N)]
- Liquid Smoke [(G=2t)]
- Thai Kitchen Red Curry Paste**
- Tamari [(H=1T) (N=1T)]
- San J Gluten Free Low Sodium**

- Vegetable broth [(H=1C) (N=.75C) (G=3.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened Plain Plant Milk [(B=1T) (H=.5C)]
- Unsweetened Plain Plant Yogurt [(J=3T)]
- 14 oz. package Firm Tofu [(B=1)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Allspice [(N=pinch)]
- Bay Leaves [(H=1) (N=1)]
- Cayenne Pepper [(P=pinch) (G=.25t)]
- Chili Powder [(N=2t) (P=.5t+.25t)]
- Cinnamon [(N=.5t)]
- Cloves [(N=pinch)]
- Cumin [(N=.75t)]
- Dried Dill Weeds [(B=pinch)]
- Garlic Powder [(B=1t) (H=1t) (N=1t) (J=.25t) (G=1t)]
- Dried Ground Mustard Powder [(B=1t)]
- Onion Powder [(B=.5t) (H=1t) (N=1t) (J=.25t) (G=1t)]
- Dried Minced Onion Flakes [(B=1T) (H=2T) (N=2T)]
- Hungarian Sweet Paprika [(H=1T+1t)]
- Smoked Paprika [(H=.5t) (P=.25t) (G=2t)]
- Sweet Paprika [(N=.25t) (P=.5t)]
- Red Pepper Flake [(G=.25t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_

## MISC:

- Internet Purchase (Soy Curls) [(H=1.5C)]
- Butler Soy Curls**
- Tortillas (of choice) [(P=8)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Vegan Blue Cheese Dressing Bowl (B), Vegan Hungarian "Chicken" Paprikash (H), Vegan Cincinnati Chili (N), Sweet Potato Black Bean Taquitos (P), Pickled Jalapeno Cilantro Sauce (J), Southern Collard Greens (G)