



# MENU



## BREAKFAST IDEAS

- Veggie Breakfast Scramble
- GF English Muffin w/ PB&J
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Oil Free Five Bean Salad
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan Patty Melt Burger & Sauce
- Lemony Thyme Lentil Soup
- Ranch Green Beans & Potatoes
- Vegan Soy Curl Fajitas
- Bold Russian Dressing Salad
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Italian Bow Tie 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 #96 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(L=2T) (R=2T) (F=1T)]
- Small Red Onions [(D)]
- Large Yellow Onions [(M=optional) (F=1)]
- Medium Yellow Onions [(M=.5) (L=1C) (R=2C)]
- Green Bell Peppers [(F=.5)]
- Red Bell Peppers [(F=.5) (D)]
- Carrots [(L=2) (D)]
- Celery Ribs [(L=2)]
- Small Tomatoes [(D)]
- Grape Tomatoes [(F=optional)]
- Medium Russet Potatoes [(L=4)]
- Baby Red Skinned Potatoes [(R=1 lb.)]
- Cremini Mushrooms [(M=.5C)]
- Mushrooms [(M=optional)]
- Mini-English Cucumbers [(D)]
- Salad Greens of Choice [(D)]
- Baby Spinach [(L=3C)]
- Green Beans [(R=1 lb.)]
- Purple Cabbage [(D)]
- Avocados [(F=optional)]
- Cilantro [(F=optional)]
- Lemons [(L=2T)]
- Limes [(F=1T+1t)]
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Cashews (raw) [(W=.5C)]
- Unsalted Almond Butter [(D=1T+1t)]
- Unsalted Sunflower Seeds [(M=.5C)]
- Flax Meal [(M=2T)]
- White Distilled Vinegar [(W=2T) (D=.25C+1T)]
- Ume Plum Vinegar [(D=2t)]
- Apple Cider Vinegar [(R=2t)]
- Tomato Paste [(F=1T) (D=2T)]
- 14.5 oz. can Petite Diced Tomatoes [(L=1)]
- 15 oz. can Cannellini Beans [(R=1)]
- 15 oz. can Navy Beans [(D)]
- 15 oz. can Black Beans [(M=1)]
- Dry Brown Lentils [(L=.75C)]
- Nutritional Yeast [(M=2T) (W=1T) (R=2t)]
- Flour (of choice) [(F=1t)]
- Rolled Oats [(M=1C)]
- Baking Soda [(L=.25t) (R=.25t)]
- Tahini [(M=2T) (W=2t)]
- Organic Maple Syrup [(D=.25C)]
- Pasta of choice [(D)]
- Rice of choice [(F=optional)]
- Dijon Mustard [(W=1t) (R=3t)]

- Horseradish [(D=1.25t)]
- Tamari [(M=1T) (L=1T) (F=1T)]  
✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(L=3C) (R=1C) (F=2T)]  
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Miso [(L=1T)]  
✓ **Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

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

## SPICES USED:

- Bay Leaves [(L=1)]
- Cayenne Pepper [(F=.25t)]
- Celery Seed [(D=pinch-optional)]
- Chili Powder [(F=1.5t) (D=pinch)]
- Dried Chives (or fresh) [(R=1t)]
- Cumin [(F=.5t)]
- Dried Dill Weed [(R=.25t)]
- Garlic Powder [(M=2t) (W=1t) (L=2t) (R=1.5t) (F=1t) (D=1t)]
- Dried Ground Mustard Powder [(R=.5t) (D=.5t)]
- Onion Powder [(M=1t) (W=1t) (L=1t) (R=1t) (F=1t) (D=1t)]
- Dried Minced Onion Flakes [(M=2T) (W=1T) (L=2T) (R=2T) (F=1T) (D=2T)]
- Dried Oregano [(F=.5t)]
- Dried Parsley [(R=1t)]
- Smoked Paprika [(M=.25t) (R=.25t) (F=.5t)]
- Sweet Paprika [(D=.5t)]
- Dried Thyme Leaves [(L=1.5t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_

## MISC:

- Burger Buns (of choice) [(M)]
- Flour Tortillas (of choice) [(F)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Vegan Patty Melt Burger (M), Vegan Tangy White Cheese Sauce (W), Lemony Thyme Lentil Soup (L), Country Ranch Green Beans and Potatoes (R), Vegan Soy Curl Fajitas (F), Bold Russian Dressing Salad (D)