



# MENU



## BREAKFAST IDEAS

- Vegan Pumpkin Muffins
- Plant Yogurt, Fruits, & Seeds
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Tomato Stuffed Avocados
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Tex-Mex Rice Salad
- Vegan Buffalo Mac and Peas
- Spring Pea Soup
- Teriyaki Brussels Sprouts
- Vegan "Hamburger" Gravy
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Chocolate Peanut Butter Blondies
- 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 #97 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(B=2T) (S=2T) (K=1T) (H=2T)]
- Ginger [(K=1T)]
- Small Red Onions [(M=.25C)]
- Large Yellow Onions [(S=1C) (H=1C)]
- Small Yellow Onions [(B=.5C)]
- Chives [(BR=2.5t)]
- Red Bell Peppers [(K)]
- Carrots [(K)]
- Small Tomatoes [(M=1C)]
- Mini-English Cucumbers [(K)]
- Radishes [(K)]
- Salad Greens of Choice [(M=4C)]
- Baby Spinach [(K)]
- Brussels Sprouts [(K=1 lb.)]
- Avocados [(M)]
- Cilantro [(M)]
- Flat Leaf Parsley [(B) (S)]
- Cremini Mushrooms [(H=8oz.)]
- Lemons [(BR=2t)]
- Limes [(M=1T)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Rice Vinegar [(K=2T)]
- Mirin [(K=2t)]
- White Distilled Vinegar [(M=3T+1t)]
- Ume Plum Vinegar [(S=1t)]
- Apple Cider Vinegar [(BR=1T+1t)]
- Tomato Paste [(H=1t)]
- 15 oz. can Chickpeas [(B=1)]
- 15 oz. can Black Beans [(M=1)]
- 14 oz. can Lentils [(H=2)]
- Nutritional Yeast [(B=3T) (S=.25C) (H=1T)]
- Flour (of choice) [(B=1T)]
- Cornstarch (or arrowroot powder) [(K=1t)]
- Tahini [(M=1T) (B=3T) (K=1t)]
- Organic Maple Syrup [(M=1t) (K=2T)]
- Molasses [(K=.5t)]
- Elbow Macaroni [(B=10 oz.)]
- Fusilli Pasta [(S=10 oz.)]
- Rice of choice [(M=2.5C) (K)]
- Dijon Mustard [(H=2t)]
- Pickled Tame Jalapenos [(M)]
- Hot Sauce [(B=.25C)]
- Franks RedHot Sauce**
- Tamari [(K=4T) (K=2T)]
- San J Gluten Free Low Sodium**

- Vegetable broth [(B=.5C) (S=1C) (K=2T) (H=1C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened Plain Plant Yogurt [(B=.33C)]
- Unsweetened Plain Plant Milk [(H=.75C)]
- 12 oz. package Soft Silken Tofu [(BR=1)]
- Miso [(M=1t) (S=1T)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- Frozen Corn [(M=1C)]
- Frozen Peas [(B=1C) (S=2C+1.25C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Dried Basil [(S=2t)]
- Bay Leaves [(H=1)]
- Chipotle Powder [(M=.33t)]
- Dried Dill Weed [(BR=pinch)]
- Garlic Powder [(M=1t) (B=1t) (BR=1.75t) (S=1t) (H=1.5t)]
- Ground Mustard Powder [(BR=.25t) (H=.5t)]
- Onion Powder [(M=1t) (B=1t) (BR=.75t) (S=1t) (H=1t)]
- Dried Minced Onions [(M=2t) (B=2T) (S=2T) (H=2T)]
- Dried Oregano [(S=.5t)]
- Dried Parsley [(BR=.75t) (S=1t)]
- Red Pepper Flake [(K=.25)]
- Dried Thyme Leaves [(H=.5t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_
- \_\_\_\_\_

## MISC:

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

**Recipe Code:** Tex-Mex Rice Salad (M), Vegan Buffalo Mac and Peas (B), Ranch Dressing (BR), Spring Pea Soup (S), Teriyaki Brussels Sprouts Bowl (K), Vegan "Hamburger" Gravy (SOS) (H)