



## BREAKFAST IDEAS

- PB Banana Cookie Scones
- Baked Sweet Potato w/ Fruit
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Sweet Potato Corn Mash
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Spicy Peanut Noodles
- Vegan Lentil "Sausage" Soup
- Vegan Cobb Salad
- Cauliflower Fiesta Tacos
- Spicy Bean Burger
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Thai Curry Chickpea Noodle Soup
- 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 #110 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(N=1T) (L=2T) (F=1T) (B=2T)]
- Ginger [(N=1T)]
- Medium Red Onions [(F=.75C)]
- Small Red Onions [(S=.25C)]
- Large Yellow Onions [(B=1.5C)]
- Medium Yellow Onions [(L=1)]
- Green Onions [(N=5)]
- Red Bell Peppers [(N=1) (F=1)]
- Jalapeno Peppers [(F=1)]
- Carrots [(N=1) (L=1) (S=1)]
- Celery Ribs [(L=1)]
- Medium Tomatoes [(B)]
- Grape Tomatoes [(S=10)]
- Yukon Gold Potatoes [(S=4)]
- Mini-English Cucumbers [(B)]
- English Cucumbers [(S=1)]
- Salad Greens of Choice [(B)]
- Romaine Lettuce Heads [(S=3)]
- Avocados [(S=1) (F)]
- Cilantro [(N) (F)]
- Flat Leaf Parsley [(L) (B=2C)]
- Broccoli Florets[(N=4C)]
- Cauliflower [(F=4C)]
- Lemons [(B)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Cashews (raw) [(S=.5C)]
- Roasted peanuts [(N=.25C)]
- Natural Peanut Butter [(N=2T+1t)]
- Red Wine Vinegar [(S=.33C)]
- Rice Vinegar [(N=2t)]
- Apple Cider Vinegar [(L=1t)]
- 14.5 oz. can Petite Diced Tomatoes [(L=1)]
- Dry Small Brown Lentils [(L=1C)]
  - ✓ **Palouse Small Brown Lentils**
- 15 oz. can Cannellini Beans [(B=1)]
- 16 oz. can Kidney Beans [(S=1) (B=1)]
- 15 oz. can Pinto Beans [(F=1C)]
- Salsa (of choice) [(F=3T)]
- Tahini [(B)]
- Nutritional Yeast [(L=1T) (S=1T) (F=2T+1t)]
- Brown Rice Flour [(B=.25C)]
- Baking Soda [(L=.25t)]
- Cornstarch (or arrowroot powder) [(N=1t)]
- Liquid Smoke [(L=.25t) (F=.5t)]
- Dijon Mustard [(S=1t)]

- Pure Maple Syrup [(N=2T) (S=1T)]
- Spaghetti [(N=10 oz.)]
- Chili Garlic Sauce [(N=.25t)]
  - ✓ **Huy Fong Chili Garlic Sauce**
- Tamari [(N=3T) (L=1T) (F=1T)]
  - ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(N=.25C+1T) (L=2C) (S=2T) (F=2T)]
  - ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened Plain Plant Yogurt [(B)]
- Vegan Sour Cream [(F)]
- Miso [(S=1T)]
  - ✓ **Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- Frozen Corn [(S=1C) (F=1C)]
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Dried Basil [(L=1t)]
- Bay Leaves [(L=1)]
- Cayenne Pepper [(F=.25t)]
- Chili Powder [(F=1T)]
- Chipotle Powder [(N=.25t)]
- Coriander [(F=.25t)]
- Cumin [(F=pinch) (B=1t)]
- Dried Dill Weed [(S=.25t)]
- Dried Fennel Powder [(L=.25t)]
- Garlic Powder [(L=1t) (S=1t) (F=1t) (B=1t)]
- Onion Powder [(L=1t) (S=1t) (F=1t) (B=.5t)]
- Dried Minced Onions [(L=2T) (S=1T)]
- Dried Oregano [(L=1t)]
- Dried Parsley [(L=2t) (S=1t)]
- Smoked Paprika [(L=.25t) (F=1t) (B=.25t)]
- Red Pepper Flake [(B=1t)]
- Dried Crushed Thyme Leaves [(L=.5t)]
- Sea Salt
- Black Pepper
- Black Salt [(pinch)]

## MISC:

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

**Recipe Code:** Spicy Peanut Noodles (N), Vegan Lentil Sausage Soup (L), Vegan Cobb Salad (S), Cauliflower Fiesta Tacos (F), Spicy Bean Burger (B)