



BREAKFAST IDEAS

- Vegan Muesli
- Roasted Potatoes & Hummus
- _____
- _____
- _____

LUNCH IDEAS

- Orzo Spinach Roasted Veggie Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Creamy Lentils and Shells
- French Vegetable Soup
- Vegan Salisbury Steak
- Catalina Dressing Bowl
- Healthy Mashed Potato Patties
- _____
- _____

SNACKS IDEAS

- Vegan Mocha 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 #118 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(S=2T) (F=1T+1 clove) (X=1T)]
- Medium Yellow Onions [(S=1) (X=.5C)]
- Small Yellow Onions [(F=.5C)]
- Carrots [(F=1) (D)]
- Celery Ribs [(F=2)]
- Grape Tomatoes [(D)]
- Russet Potatoes [(H= 5 lbs.)]
- Yukon Gold Potatoes [(F=3C)]
- Mini-English Cucumbers [(D)]
- Radishes [(D)]
- Salad Greens of Choice [(D)]
- Medium Zucchini [(F=1)]
- Cremini Mushrooms [(X= 8 oz.)]
- Flat Leaf Parsley [(S) (X)]
- Fresh Basil [(F= .5oz.)]
- Green Beans [(F=1C)]
- Lemons [(D=2t) (G=1T)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Hemp Seeds [(D)]
- Pepitas [(D)]
- Slivered Almonds [(F=2T)]
- Raw Unsalted Sunflower Seeds [(G=.5C)]
- Rice Vinegar [(D=.5C)]
- Ume Plum Vinegar [(D=1T)]
- Apple Cider Vinegar [(G=1T+1t)]
- Tomato Paste [(X=1T) (D=2T)]
- Tomato Sauce [(S=15 oz.)]
- 14.5 oz. can Petite Diced Tomatoes [(F=1)]
- 15 oz. can Cannellini Beans [(F=1)]
- 16 oz. can Kidney Beans [(D)]
- 14 oz. can Small Brown Lentils [(S=1)]
- Nutritional Yeast [(S=.25C) (F=4T) (X=2T) (H=2T)]
- Cornmeal [(H=3T)]
- Flour of choice [(S=2T) (X=1T+1t)]
- Baking Soda [(S=.25t) (F=.25t)]
- Tahini [(D=2T)]
- Pure Maple Syrup [(S=.5t) (D=4T) (G=.5t)]
- Pasta of choice [(D)]
- Shells Pasta [(S= 12 oz.)]
- Tamari [(F=1T) (X=2T)]
- San J Gluten Free Reduced Sodium**
- Vegetable broth [(S=.5C) (F=2C) (X=1C)]

✓ **Pacific Organic Vegetable Stock – Low Sodium**

- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(S=.5C) (H=1.5C) (G=.5C)]
- Miso [(F=2t) (D=2T) (G=2t)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- Frozen Peas [(F=1C)]
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(S=1t) (F=1.5t)]
- Bay Leaves [(F=2)]
- Celery Seeds [(D=pinch)]
- Chili Powder [(D=.25t)]
- Garlic Powder [(S=1t) (F=1t) (X=1t) (D=1t) (H=1.5t) (G=1t)]
- Italian Seasoning [(S=1t)]
- Dried Ground Mustard Powder [(X=.5t) (D=.25t)]
- Onion Powder [(S=1t) (F=1t) (X=1t) (D=1t) (H=1.5t)]
- Dried Minced Onions [(S=2T) (F=2T) (X=1T) (D=2T) (G=1t)]
- Dried Oregano [(S=1.5t) (F=1.5t)]
- Dried Parsley [(F=1.5t)]
- Sweet Paprika [(D=1t) (H=.5t) (G=.25t)]
- Red Pepper Flake [(S=pinch)]
- Dried Crushed Rosemary [(X=pinch)]
- Dried Rubbed Sage [(X=pinch)]
- Dried Crushed Thyme Leaves [(F=1.5t) (X=1t)]
- Sea Salt
- Black Pepper

MISC:

- Soy Curls (internet purchase) [(X=1.5C)]
- Butler Soy Curls**
- _____

Recipe Code: Creamy Lentils and Shells (S), French Vegetable Soup (F), Vegan Salisbury Steak (X), Oil Free Catalina Dressing Bowl (D), Healthy Mashed Potato Patties (H), Tangy Garlic Aioli (G)