



## BREAKFAST IDEAS

- Cornmeal Biscuit
- Oat, dried fruit, nuts & plant milk
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Pasta Puttanesca
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Thai Curry Cabbage Noodle Stir Fry
- Vegan Chickpea Nuggets
- Vegan Nacho Soup
- Vegan Spanakopita Rolls
- Maple Walnut Dressing Bowl
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Neiman Marcus 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 #119 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(S=2T) (H=1T) (R=2T)]
- Ginger [(S=1T)]
- Medium Yellow Onions [(H=1) (R=1C)]
- Green Onions [(S)]
- Green Bell Peppers [(H=.5C)]
- Red Bell Peppers [(H=.5C)]
- Jalapeno Peppers [(H=1)]
- Carrots [(W)]
- Beets [(W)]
- Grape Tomatoes [(W)]
- Sweet Potatoes [(W)]
- Mini-English Cucumbers [(W)]
- Salad Greens of Choice [(W)]
- Purple Cabbage [(W)]
- Green Cabbage [(S=1)]
- Avocados [(H)]
- Cilantro [(H)]
- Apples [(W)]
- Lemons [(X=1t) (R=1T) (W=1t)]
- Limes [(H=1T)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Hemp Seeds [(W)]
- Pepitas [(W)]
- Toasted Sesame Seeds [(S)]
- Flax Meal [(N=2T)]
- Cashews (raw) [(X=.33C)]
- Walnuts [(W=.25C)]
- Red Wine Vinegar [(W=.5C)]
- Rice Vinegar [(S=1T)]
- Distilled White Vinegar [(X=1t)]
- Ume Plum Vinegar [(R=1t) (W=1T)]
- 14.5 oz. can Petite Diced Tomatoes [(H=1)]
- 15 oz. can Chickpeas [(N=1)]
- 15 oz. can Black Beans [(H=1)]
- 14 oz. can Small Brown Lentils [(H=1)]
- 15 oz. can Corn [(H=1)]
- Barbecue Sauce (of choice) [(X=2T)]
- Nutritional Yeast [(N=1T+1t) (H=.25C) (R=2T)]
- Cornmeal [(N=1T)]
- Rolled Oats [(N=.5C)]
- Panko Crumbs (or bread crumbs) [(N=.5C+3T)]
- Cornstarch (or arrowroot powder) [(S=1t)]
- Tahini [(N=1T) (H=2t) (R=1T) (W=2T)]
- Dijon Mustard [(X=.5t)]
- Yellow Mustard [(X=2T+2t)]

- Natural Peanut Butter [(S=2T)]
- Pure Maple Syrup [(S=.25C) (X=1T) (W=3T)]
- Thin Spaghetti [(S=8 oz.)]
- Chili Garlic Sauce [(S=.5t)]
  - ✓ **Huy Fong Chili Garlic Sauce**
- Red Curry Paste [(S=2T)]
  - ✓ **Thai Kitchen Red Curry Paste**
- Tamari [(S=.25C) (N=1T)]
  - ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(S=.25C+3T) (N=3T) (X=1T) (H=2C) (R=2T)]
  - ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_

## REFRIGERATED

- Miso [(W=1T)]
  - ✓ **Miso Master Organic Mellow White**
- 3.5 oz. Extra Firm Tofu (pressed) [(R=1)]
- \_\_\_\_\_

## FROZEN

- 14.4 oz. Package Frozen Broccoli Stir Fry [(S=1)]
- 1 lb. Frozen Spinach [(R=1)]
- \_\_\_\_\_

## SPICES USED:

- Cayenne Pepper [(N=pinch)]
- Chili Powder [(H=2.75t)]
- Coriander [(H=pinch)]
- Cumin [(H=.25t)]
- Dill Weed [(R=.5t)]
- Garlic Powder [(S=1t) (N=1.5t) (H=1t) (R=1t) (W=.5t)]
- Dried Mint [(R=.5t)]
- Dried Ground Mustard Powder [(W=.25t)]
- Nutmeg [(R=pinch)]
- Onion Powder [(S=1t) (N=1.5t) (H=1t) (R=1t) (W=.5t)]
- Dried Minced Onions [(S=2T) (N=2T) (R=2T) (W=1T)]
- Dried Oregano [(H=.5t)]
- Smoked Paprika [(N=.5t+pinch) (X=.25t) (H=1.5t)]
- Sweet Paprika [(N=1t)]
- Red Pepper Flake [(S)]
- Sea Salt
- Black Pepper

## MISC:

- Tortilla Chips (of choice) [(H)]
- Almond Flour Tortillas (or tortillas of choice) [(R=1 package of 8)]
  - ✓ **Seite Almond Flour Tortillas**
- \_\_\_\_\_

**Recipe Code:** Thai Curry Cabbage Noodle Stir Fry (S), Vegan Chickpea Nuggets (N), Vegan Chick-Fil-A Sauce (X), Vegan Nacho Soup (H), Vegan Spanakopita Rolls (R), Oil Free Maple Walnut Dressing Bowl (W)