



BREAKFAST IDEAS

- Apple Walnut Cookie Scones
- Sweet Potato Toast & Peanut Butter
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Parmesan Veggie Pasta
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Parmesan Mac and Cheese
- Harvest Mushroom Potato Soup
- Tex-Mex Quinoa Salad
- Lemon Poppy Seed Dressing Bowl
- Vegan Spicy Honey Garlic Stir Fry
- _____
- _____

SNACKS IDEAS

- Vegan Crispy Oatmeal 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 #120 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(H=1T) (G=1T)]
- Ginger [(G=1t)]
- Small Red Onions [(Q=.25C) (L)]
- Medium Yellow Onions [(H=1C)]
- Green Onions [(G)]
- Red Bell Peppers [(Q=1)]
- Carrots [(L)]
- Small Tomatoes [(Q=.75C)]
- Yukon Gold Potatoes [(H=1 lb. 8 oz.)]
- Mini-English Cucumbers [(Q=2) (L)]
- Salad Greens of Choice [(L)]
- Cremini Mushrooms [(H= 1 lb.)]
- Flat Leaf Parsley [(H)]
- Lemons [(L=4T)]
- Limes [(Q=2t) (G=1T)]
- Strawberries [(L)]
- Blueberries [(L)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(M=.25C) (L=.33C)]
- Blanched Almond Slivers [(M=.25C)]
- Quinoa [(Q=1C)]
- Poppy Seeds [(L=1T)]
- Hemp Seeds [(L)]
- Pepitas [(L)]
- Toasted Sesame Seeds [(G)]
- Distilled White Vinegar [(M=2T) (Q=.25C) (L=1t)]
- Apple Cider Vinegar [(L=1t)]
- Tomato Paste [(H=1T)]
- 16 oz. can Kidney Beans [(Q=1)]
- 15.5 oz. can Corn [(Q=1)]
- Nutritional Yeast [(M=5T) (H=1T)]
- Cornstarch [(G=.5t)]
- Tahini [(Q=1T) (G=1T)]
- Pure Maple Syrup [(Q=2t) (L=2t) (G=.25C)]
- Elbow Macaroni [(M= 8 oz.)]
- Rice of choice [(G)]
- Panko Crumbs (or bread crumbs) [(M=2T)]
- Chili Garlic Sauce [(G=1T)]
 - ✓ **Huy Fong Chili Garlic Sauce**
- Tamari [(H=2T) (G=.25C)]
 - ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(M=.5C) (H=1.25C) (Q=2T)]

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

- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(H=.25C) (L=2T)]
- Miso [(H=1T) (Q=1t) (L=1t)]
 - ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- 14.4 oz bag Frozen Cauliflower Florets [(M=1)]
- Frozen Peas [(M=1C)]
- 12 oz. package Frozen Chinese Vegetables [(G=1)]
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(M=1t)]
- Chili Powder [(Q=.25t)]
- Chipotle Powder [(Q=.5t)]
- Dried Dill Weed [(H=.25t)]
- Dried Fennel [(H=pinch)]
- Garlic Powder [(M=1.25t) (H=1t) (Q=1t) (L=.5t)]
- Italian Seasoning [(M=1t)]
- Dried Ground Mustard Powder [(H=.5t) (L=.5t)]
- Onion Powder [(M=1) (H=1t) (Q=1t)]
- Dried Minced Onions [(M=2T) (H=2T) (Q=2T)]
- Dried Oregano [(M=1t)]
- Dried Ground Rosemary [(H=.5t)]
- Smoked Paprika [(Q=.5t)]
- Sweet Paprika [(H=2t)]
- Dried Rubbed Sage [(H=.25t)]
- Dried Crushed Thyme Leaves [(H=1t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Soy Curls (internet purchase) [(G=2C)]
 - ✓ **Butler Soy Curls**
- _____
- _____
- _____

Recipe Code: Vegan Italian Parmesan Mac and Cheese (M), Creamy Harvest Mushroom Potato Soup (H), Tex-Mex Quinoa Salad (Q), Vegan Lemon Poppy Seed Dressing (L), Vegan Honey Garlic Stir Fry (G)