



BREAKFAST IDEAS

- Vegan Italian Frittata
- GF English Muffin w/ PB & J
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Creamy Taco Dressing Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan "Ham" Salad Sandwich
- Easy Vegan Indian "Butter" Chickpeas
- Vegan Creamy Italian Gnocchi Soup
- Instant Pot Lentil Tacos
- Crispy Baked Tofu Nuggets
- _____
- _____

SNACKS IDEAS

- Refrigerator Bread & Butter Pickles
- 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 #131 Shopping List

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PRODUCE

- Garlic [(B=1T) (G=2T)]
- Ginger [(B=1T)]
- Medium Red Onions [(B=1C)]
- Medium Yellow Onions [(G=1)]
- Large Tomatoes [(H)]
- Salad Greens of Choice [(H)]
- Flat Leaf Parsley [(G)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(G=.5C)]
- Unsweetened, Unsalted Peanut Butter [(B=.25C+1T)]
- Sundried Tomato Halves [(H=4)]
- Distilled White Vinegar [(G=1T)]
- Ume Plum Vinegar [(G=1t)]
- Apple Cider Vinegar [(D=.25C)]
- Yellow Mustard [(H=1t)]
- Pickle Relish [(H=.5C)]
- Tomato Paste [(B=2T) (L=3T)]
- Tomato Sauce [(L= 8oz.)]
- 14.5 oz. can Petite Diced Tomatoes [(B=1)]
- Dry Small Brown Lentils [(L=2C)]
 - ✓ **Palouse Small Brown Lentils**
- 15 oz. can Chickpeas [(H=1) (B=2)]
- Nutritional Yeast [(G=.25C+1T) (N=1T)]
- Cornmeal [(N=2T)]
- Panko Crumbs [(N=.25C)]
- Brown Rice Flour [(N=2t)]
- Cornstarch [(D=.75t)]
- Tahini [(H=1t) (N=3T) (D=2t)]
- Liquid Smoke [(H=.5t) (N=.25t)]
- Pure Maple Syrup [(H=.5t) (G=1t) (L=1T) (D=.25C)]
- Rice of choice [(B)]
- Gnocchi [(G=16 oz.)]
- Light Coconut Milk [(B=1C)]
- Hot Sauce [(H=1.5t)]
 - ✓ **Frank's RedHot Sauce**
- Tamari [(H=1.5t) (B=2T) (G=1t) (N=1T) (D=1T)]
- ✓ **San J Gluten Free Reduced Sodium**

- Vegetable broth [(B=1C) (G=2.5C) (L=2C) (N=.33C)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(G=.25C)]
- 16 oz. pkg Organic Super Firm Prepressed Tofu [(N=1)]
- Miso [(D=2t)]
 - ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- 12 to 16 oz. Frozen Vegetables [(G=1)]
- Frozen Peas [(G=1C)]
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(G=1t)]
- Cayenne Pepper [(B=Pinch) (L=.25t) (N=pinch)]
- Chili Powder [(L=1T+1t)]
- Cumin [(L=1t)]
- Curry Powder [(B=1T+1t)]
- Garam Masala [(B=1t)]
- Garlic Powder [(H=.5t) (B=1t) (G=1t) (L=2t) (N=1t) (D=.5t)]
- Italian Seasoning [(G=.25t)]
- Dried Ground Mustard Powder [(N=pinch) (D=2t)]
- Onion Powder [(H=.25) (B=1t) (G=1t) (L=1t) (N=1t) (D=.5t)]
- Dried Minced Onions [(B=2T) (G=2T) (L=2T)]
- Dried Oregano [(G=1t)]
- Dried Parsley [(G=1t)]
- Smoked Paprika [(H=.75t) (B=.5t) (L=2t)]
- Sweet Paprika [(N=1t) (D=.25t)]
- Dried Crushed Thyme Leaves [(G=.25t)]
- Sea Salt
- Black Pepper

MISC:

- Bread (or wrap of choice) [(H)]
- Lentil Taco Serving Ideas [(L=tortillas, buns, chips, potatoes)]
- _____

Recipe Code: Vegan "Ham" Salad Sandwich Spread (H), Easy Vegan Indian "Butter" Chickpeas (B), Vegan Creamy Italian Gnocchi Soup (G), Instant Pot Lentil Tacos (L), Crispy Baked Tofu Nuggets (N), Maple Mustard Dipping Sauce (D)