



## BREAKFAST IDEAS

- Hash Brown Potatoes
- Oatmeal w/ Fruit & Nuts
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Roasted Veggies Red Pepper Pizza
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan "Ham" Salad Sandwich
- Easy Garlic Mushroom Pasta
- Tuscan White Bean Quinoa Skillet
- Moroccan Chickpea Salad
- Vegan Korean BBQ Cauliflower
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Quinoa Flatbread
- 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 #132 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- ☐ Garlic [(B=1T) (G=2T) (Q=1T) (K=1T)]
- ☐ Ginger [(K=1t)]
- ☐ Medium Red Onions [(M=.5)]
- ☐ Medium Yellow Onions [(B=1C) (G=1) (Q=1)]
- ☐ Green Onions [(K=4)]
- ☐ Red Bell Peppers [(M=1)]
- ☐ Jalapeno Peppers [(B=1)]
- ☐ Carrots [(M=1C)]
- ☐ Baby Spinach [(Q=2C) (K=3C)]
- ☐ Mushrooms [(G= 8 oz.)]
- ☐ Cilantro [(B)]
- ☐ Medium Cauliflower [(K=1)]
- ☐ Lemons [(M=.25C)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- ☐ Quinoa [(Q=.5C)]
- ☐ Golden Raisins [(M=.33C)]
- ☐ Pistachios [(M=.25C)]
- ☐ Toasted Sesame Seeds [(K=2T)]
- ☐ Tomato Paste [(B=1T)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(Q=1)]
- ☐ 15 oz. can Cannellini Beans [(Q=1)]
- ☐ 15 oz. can Chickpeas [(M=1)]
- ☐ 15 oz. can Black Beans [(B=2)]
- ☐ 14 oz. can Small Brown Lentils [(I)]
- ☐ Nutritional Yeast [(G=.25C) (Q=1T)]
- ☐ Cornstarch [(K=1T)]
- ☐ Tahini [(M=1T)]
- ☐ Dijon Mustard [(M=1T)]
- ☐ Pure Maple Syrup [(M=1T) (K=3T)]
- ☐ Molasses [(K=1t)]
- ☐ Spaghetti of choice [(G= 12 oz.)]
- ☐ Rice of choice [(B)]
- ☒ **Thai Kitchen Red Curry Paste**
- ☐ Tamari [(G=2T) (Q=1T) (K=.33C)]
- ☒ **San J Gluten Free Reduced Sodium**
- ☐ Vegetable broth [(B=1C) (G=.75C) (Q=.75C)]
- ☒ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(B=.25C)]
- ☐ Miso [(K=1T)]
- ☒ **Miso Master Organic Mellow White**
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## FROZEN

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## SPICES USED:

- ☐ Chili Powder [(B=.5t) (M=.25t)]
- ☐ Coriander [(B=Pinch) (M=.25t)]
- ☐ Cumin [(B=.5t) (M=.25t)]
- ☐ Curry Powder [(B=3t)]
- ☐ Garlic Powder [(B=1t) (G=1t) (Q=1t) (M=1t)]
- ☐ Italian Seasoning [(Q=1t)]
- ☐ Dried Mint [(M-.25t)] (optional)
- ☐ Dried Ground Mustard Powder [(B=.5t)]
- ☐ Onion Powder [(B=1t) (G=1t) (Q=1t) (M=1t)]
- ☐ Dried Minced Onions [(B=2T) (G=2T) (Q=2T)]
- ☐ Dried Oregano [(G=1t) (Q=1t)]
- ☐ Smoked Paprika [(M=.25t)]
- ☐ Red Pepper Flake [(G=.25t) (K=.25t)]
- ☐ Dried Crushed Thyme Leaves [(Q=.25t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## MISC:

- ☐ Bread (of choice) [(M)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**Recipe Code:** Spicy Black Bean Curry (B), Easy Garlic Mushroom Pasta (G), Tuscan White Bean Quinoa Skillet (Q), Moroccan Chickpea Salad (M), Vegan Korean BBQ Cauliflower (K)