



BREAKFAST IDEAS

- Carrot Cake Oatmeal Breakfast Bake
- Roasted Veggie Wrap w/ Hummus
- _____
- _____
- _____

LUNCH IDEAS

- Thai Curry Chickpea Noodle Soup
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Mushroom Vegetable Stew
- Vegan Smoky "Ham" Pasta
- Vegan Pesto Cabbage Salad
- Vegan Spicy "Chicken" Patty
- Vegan Spicy Honey Garlic Stir Fry
- _____
- _____

SNACKS IDEAS

- Peanut Butter Shortbread 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 #138 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(M=2T) (H=1T) (P=2 cloves) (G=1T)]
- Ginger [(G=1t)]
- Small Shallot [(P=1)]
- Medium Yellow Onions [(M=1) (H=1)]
- Green Onions [(G)]
- Carrots [(M=3) (G=2)]
- Celery Ribs [(M=2)]
- Russet Potatoes [(M=4C)]
- Mini-English Cucumbers [(P=3)]
- White Button Mushrooms [(M=10 oz.)]
- Baby Bella Mushrooms [(M=10 oz.)]
- Baby Spinach [(P=1C) (G=2C)]
- Fresh Basil [(P=1C)]
- Kale [(H=2C)]
- Chives [(P=.66 oz.)]
- Green Cabbage [(P=3C)]
- Small Zucchini [(G=1)]
- Lemons [(P=3T)]
- Limes [(G=1T)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(P=1/8C)]
- Walnuts [(P=1/8C)]
- Flaxseed Meal [(S=2T)]
- Toasted Sesame Seeds [(G)]
- Natural Peanut Butter [(H=1t)]
- Balsamic Vinegar [(M=1T)]
- Rice Vinegar [(P=1t)]
- Distilled White Vinegar [(H=1t)]
- Tomato Paste [(M=1T)]
- 14.5 oz. can Petite Diced Tomatoes [(M=1)]
- Dry Small Brown Lentils [(M=.5C)]
- ✓ **Palouse Small Brown Lentils**
- 15 oz. can Chickpeas [(S=1) (G=1)]
- 15 oz. can Navy Beans [(H=1)]
- 14 oz. can Small Brown Lentils [()]
- Nutritional Yeast [(M=2T) (P=1T) (S=1T+1t)]
- Cornmeal [(S=2t)]
- Brown Rice [(S=.5C)]
- Rice (of choice) [(G)]
- Rolled Oats [(S=.5C)]
- Flour (of choice) [(H=1T)]
- Cornstarch [(M=2T) (G=.5t)]
- Tahini [(S=1T) (G=1T)]

- Liquid Smoke [(H=.5t)]
- Pure Maple Syrup [(M=.5t) (H=1t) (G=.25C)]
- Pasta of choice [(H=10 oz.)]
- Chili Garlic Sauce [(G=1T)]
- ✓ **Huy Fong Chili Garlic Sauce**
- Tamari [(M=2T) (H=1T) (S=1T) (G=.25C)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(M=2C) (H=.5C) (S=1T)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(M=.25C) (H=.25C)]
- _____
- _____
- _____
- _____

FROZEN

- Frozen Peas [(M=1.5C)]
- _____
- _____
- _____
- _____

SPICES USED:

- Bay Leaves [(M=2)]
- Cayenne Pepper [(S=.5t+pinch)]
- Garlic Powder [(M=1.5t) (H=1t) (S=1.5t)]
- Italian Seasoning [(M=.25t)]
- Dried Ground Mustard Powder [(M=.25t)]
- Onion Powder [(M=1t) (H=1t) (S=1.5t)]
- Dried Minced Onions [(M=2T) (H=2T) (S=2T)]
- Dried Oregano [(M=1t)]
- Dried Rosemary [(M=.5t)]
- Smoked Paprika [(M=Pinch) (H=1t) (S=.5t+pinch)]
- Sweet Paprika [(S=.5t)]
- Red Pepper Flake [(H=pinch)]
- Dried Rubbed Sage [(M=.75t)]
- Dried Crushed Thyme Leaves [(M=.75t)]
- Sea Salt
- Black Pepper

MISC:

- Panko Crumbs (or bread crumbs) [(S=2T)]
- Tortilla Chips (of choice) [(P)]
- _____
- _____

Recipe Code: Mushroom Vegetable Stew (M), Vegan Smoky “Ham” Pasta (H), Vegan Pesto Cabbage Chopped Salad (P), Vegan Spicy “Chicken” Patty (S), Vegan Spicy Honey Garlic Stir Fry (G)