



## BREAKFAST IDEAS

- Southwestern Sweet Potato Bowl
- Oatmeal w/ Fruit & Seeds
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Vegan Pizza Pasta Supreme
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Oil Free Kale Orzo Soup
- Easy French Hummus Dressing Bowl
- Italian Boccoli Millet Bowl
- Vegetable Chow Mein
- Vegan Linguini w/ Red Clam Sauce
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Peach Blueberry Biscuit Cobbler
- 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 #146 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(K=2T) (B=1T) (M=1T) (R=2T)]
- Ginger [(M=2t)]
- Small Red Onions [(B=.66C)]
- Medium Yellow Onions [(K=1) (R=1)]
- Green Onions [(M=3)]
- Green Bell Peppers [(H)]
- Red Bell Peppers [(B=.66C) (M=1C)]
- Carrots [(K=3) (H) (M=.5C)]
- Celery Ribs [(K=3)]
- Grape Tomatoes [(H)]
- Mini-English Cucumbers [(H)]
- Salad Greens of Choice [(H)]
- Kale [(K=4C)]
- Green Cabbage [(M=3C)]
- White Button Mushrooms [(R= 4 oz.)]
- Cremini Mushrooms [(R= 4 oz.)]
- Flat Leaf Parsley [(L=.5C)]
- Broccolini [(B=10 oz.)]
- Lemons [(B=3T) (P=1T)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Cashews (raw) [(P=.25C) (L=.5C)]
- Blanched Slivered Almonds [(P=.25C)]
- Toasted Sesame Seeds [(M)]
- Rice Vinegar [(M=1T)]
- Distilled White Vinegar [(H=3T)]
- Apple Cider Vinegar [(H=1T)]
- White Balsamic Vinegar [(L=2T)]
- Mirin [(M=2t)]
- Canned Beets [(H)]
- Ketchup [(H=3T)]
- Tomato Paste [(R=2T)]
- 14.5 oz. can Petite Diced Tomatoes [(K=1)]
- 15 oz. can Cannellini Beans [(K=1) (B=1)]
- 15 oz. can Chickpeas [(H)]
- Nutritional Yeast [(K=3T) (P=2T)]
- Cornstarch or Arrowroot Powder[(M=1T)]
- Tahini [(M=1t)]
- Dulse Granules [(R=1t: Optional)]
- Pure Maple Syrup [(H=1T+2t) (M=3T) (R=2t)]
- Molasses [(M=1t)]
- Pasta of choice [(H)]
- Orzo Pasta [(K=.33C)]

- Linguini [(R=16 oz.)]
- Spaghetti [(M=5 oz.)]
- Millet [(B=1.5C)]
- Tamari [(H=1t) (M=5T) (R=2t)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(K=3C) (M=.5C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened Plain Plant Milk [(R=2T)]
- Miso [(B=1t) (R=1T) (L=2t)]
- ✓ **Miso Master Organic Mellow White**
- Hummus [(H=.5C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- Frozen Peas [(B=1C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Dried Basil [(R=1t)]
- Bay Leaves [(K=1)]
- Celery Seed [(H=pinch)]
- Coriander [(B=pinch) (L=pinch)]
- Garlic Powder [(K=1.25t) (H=1t) (B=.5t) (R=.5t) (P=.25t) (L=.5t)]
- Italian Seasoning [(B=2t) (L=1t)]
- Onion Powder [(K=1t) (H=1t) (B=.5t) (R=.5t) (L=.5t)]
- Dried Minced Onions [(K=2T) (R=2T)]
- Dried Oregano [(K=1.25t) (R=.5t)]
- Dried Parsley [(R=1t)]
- Sweet Paprika [(K=.5t)]
- Red Pepper Flake [(M) (R=.25t)]
- Dried Crushed Thyme Leaves [(K=.5t) (B=.5t)]
- Sea Salt
- Black Pepper

## MISC:

- Soy Curlys (internet purchase) [(M=1.5C:Optional)]
- ✓ **Butler Soy Curlys**
- Vegan White Wine [(K=1C)]
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Oil Free Kale Orzo Soup (K), Easy French Hummus Dressing Bowl (H), Italian Broccolini Millet Bowl (B), Lemony Parsley Sauce (L), Vegetable Chow Mein (M), Vegan Linguini with Red Clam Sauce (R), Vegan Parmesan Cheese (P)