



BREAKFAST IDEAS

- Hash Brown Potatoes
- Plant Yogurt with Fruit, & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Buffalo Potato Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Cajun Corn Stew
- Easy Pomegranate Dressing Bowl
- Vegan Hungarian Chicken Paprikash
- Veggie Sandwich Spread
- Cuban Black Beans
- _____
- _____

SNACKS IDEAS

- Cilantro Lime Corn Salad
- 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 #147 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(S=1T) (P=2T) (B=1T)]
- ☐ Medium Yellow Onions [(S=1) (P=1C) (B=1C)]
- ☐ Green Bell Peppers [(S=1) (B=.5)]
- ☐ Red Bell Peppers [(S=.5) (P=1C) (B=.5C)]
- ☐ Jalapeno Peppers [(B=1)]
- ☐ Carrots [(V=1)]
- ☐ Celery Ribs [(S=1)]
- ☐ Large Tomatoes [(V)]
- ☐ Grape Tomatoes [(H)]
- ☐ Russet Potatoes [(S=2.5C)]
- ☐ Mini-English Cucumbers [(H)]
- ☐ Radishes [(H)]
- ☐ Button Mushrooms [(P=8 oz.)]
- ☐ Salad Greens of Choice [(H) (V)]
- ☐ Medium Zucchini [(V=1)]
- ☐ Cilantro [(B)]
- ☐ Flat Leaf Parsley [(P)]

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DRY/CANNED/JARRED GOODS

- ☐ Cashews (raw) [(P=.25C) (V=.25C)]
- ☐ Pecan Halves [(P=.33C)]
- ☐ Red Wine Vinegar [(H=.25C)]
- ☐ Sherry Vinegar [(B=2t)]
- ☐ Distilled White Vinegar [(P=1t) (V=1T+1t)]
- ☐ Apple Cider Vinegar [(S=1t)]
- ☐ Tomato Paste [(S=1T) (P=1T) (B=1T)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(S=1) (P=1) (B=1)]
- ☐ 15 oz. can Chickpeas [(H)]
- ☐ 15 oz. can Black Beans [(B=2)]
- ☐ Nutritional Yeast [(V=1T)]
- ☐ Flour of choice [(S=2T) (P=2T)]
- ☐ Baking Soda [(S=.25t) (P=.25t)]
- ☐ Liquid Smoke [(S=.5t)]
- ☐ Dijon Mustard [(V=3t)]
- ☐ Pure Maple Syrup [(S=1t) (H=1T) (V=.5t)]
- ☐ Pomegranate Molasses [(H=1T)]
- ☐ Pasta of choice [(P=12 oz.)]
- ☐ Rice of choice [(B)]
- ☐ Hot Sauce [(S=1T)]
- ☒ **Frank's RedHot Sauce**
- ☐ Tamari [(S=1T) (P=1T) (V=1t)]
- ☒ **San J Gluten Free Reduced Sodium**

- ☐ Vegetable broth [(S=2C) (P=1C) (V=.5C) (B=.5C)]
- ☒ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐
- ☐
- ☐
- ☐

REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(P=.5C)]
- ☐ Hummus [(H=.5C)]
- ☐
- ☐
- ☐
- ☐

FROZEN

- ☐ Frozen Corn [(S=2.75C)]
- ☐
- ☐
- ☐
- ☐
- ☐

SPICES USED:

- ☐ Dried Basil [(S=.5t)]
- ☐ Bay Leaves [(S=1) (P=1) (B=2)]
- ☐ Cayenne Pepper [(S=pinch) (B=.25t)]
- ☐ Chili Powder [(S=.5t)]
- ☐ Cumin [(B=.5t)]
- ☐ Garlic Powder [(S=1.5t) (H=.5t) (P=1t) (V=.5t) (B=1t)]
- ☐ Dried Ground Mustard Powder [(S=.5t)]
- ☐ Onion Powder [(S=1t) (H=.5t) (P=1t) (V=.5t) (B=1t)]
- ☐ Dried Minced Onions [(S=2T) (P=2T) (V=1T) (B=2T)]
- ☐ Dried Oregano [(S=1t) (B=.25t)]
- ☐ Dried Parsley [(S=1t)]
- ☐ Smoked Paprika [(S=1.5t) (P=.5t) (B=.5t)]
- ☐ Sweet Paprika [(S=.5t) (P=1T+.5t)]
- ☐ Sumac [(H=.25t)]
- ☐ Dried Crushed Thyme Leaves [(S=.5t)]
- ☐ Sea Salt
- ☐ Black Pepper

MISC:

- ☐ Soy Curls (internet purchase) [(P=1.5C)]
- ☒ **Butler Soy Curls**
- ☐ Bread of choice [(V)]
- ☐
- ☐
- ☐

Recipe Code: Vegan Cajun Corn Stew (S), Easy Pomegranate Hummus Dressing Bowl (H), Vegan Hungarian "Chicken" Paprikash (P), Veggie Sandwich Spread (V), Cuban Black Beans (B)