



## BREAKFAST IDEAS

- Blueberry Breakfast Cookies
- Baked Sweet Potato w/ Fruit & PB
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Vegan Curried Chickpea Salad
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan French Onion Noodle Casserole
- Spiced Lentils and Collard Green
- Asian Hummus Dressing Bowl
- Vegan Patty Melt Burger
- Spicy Pineapple Chickpea Tacos
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Quinoa Zaatar Chips
- 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 #153 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(L=1T) (S=2t)]
- Ginger [(L=2t) (A=1t)]
- Medium Red Onions [(S=.5)]
- Large Yellow Onions [(B)]
- Medium Yellow Onions [(L=1) (B=.5C)]
- Green Onions [(A)]
- Jalapeno Peppers [(S=1)]
- Carrots [(A)]
- Mini-English Cucumbers [(A)]
- Radishes [(A)]
- Romaine Lettuce [(A)]
- Collard Greens [(L=1bunch)]
- Cremini Mushrooms [(B=.5C)]
- Mushrooms (of choice) [(B)]
- Purple Cabbage [(A)]
- Avocados [(S)]
- Cilantro [(S)]
- Limes [(L=1T)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Cashews (raw) [(F=.5C) (P=.25C)]
- Flax meal [(B=2T)]
- Blanched Slivered Almonds [(P=.25C)]
- Toasted Sesame Seeds [(A)]
- Unsalted Sunflower Seeds [(B=.5C)]
- Rice Vinegar [(L=1T)]
- Distilled White Vinegar [(A=2T) (S=1T)]
- Ume Plum Vinegar [(A=.5t)]
- 14.5 oz. can Petite Diced Tomatoes [(L=1)]
- 20 oz. can Pineapple Chunks [(S=1)]
- Dry Small Brown Lentils [(L=.75C)]
  - ✓ **Palouse Small Brown Lentils**
- 15 oz. can Chickpeas [(S=2)]
- 15 oz. can Black Beans [(B=1)]
- 15 oz. can Corn [(S=1)]
- Nutritional Yeast [(F=.25C) (P=2T) (B=2T)]
- Rolled Oats [(B=1C)]
- Baking Soda [(L=pinch)]
- Tahini [(B=2T)]
- Liquid Smoke [(S=1t)]
- Pure Maple Syrup [(L=1T+2t) (S=1T)]
- Ketchup [(A=1t)]

- Spaghetti [(F = 12oz.)]
- Rice of choice [(L)]
- Rice Noodles - *Fast cooking* [(A)]
- Tamari [(F=1T) (L=1T) (A=1T+1t) (B=1T) (S=1T)]
  - ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(F=.5C) (L=2C)]
  - ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Hummus [(A=.5C)]
- Unsweetened Plain Plant Milk [(F=.5C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Cayenne Pepper [(L=pinch)]
- Chili Powder [(L=.5t) (S=2T+1t)]
- Chipotle Powder [(S=.5t)]
- Cinnamon [(L=.5t)]
- Coriander [(L=.25t)]
- Cumin [(L=1t) (S=1t)]
- Garlic Powder [(F=1.25t) (P=.25t) (L=1t) (A=1t) (B=2t)]
- Onion Powder [(F=1.25t) (L=1t) (B=1t)]
- Dried Minced Onions [(F=3T) (L=2T) (B=2T)]
- Dried Parsley [(F=1t)]
- Smoked Paprika [(B=.25t) (S=1t)]
- Turmeric [(L=pinch)]
- Sea Salt
- Black Pepper

## MISC:

- Tortilla Shells/Tortillas (of choice) [(S)]
- Burger Buns (of choice) [(B)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Vegan French Onion Noodle Casserole (F), Vegan Parmesan Cheese (P), Spiced Lentils and Collard Greens (L), Oil Free Asian Hummus Dressing Bowl (A), Vegan Patty Melt Burger (B), Spicy Pineapple Chickpea Tacos (S)