



## BREAKFAST IDEAS

- Vegan Zucchini Muffins
- Baked Sweet Potatoes w/ fruit
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Mediterranean Quinoa Salad
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan Veggie White Lasagna Skillet
- Instant Pot Dum Aloo
- Smoky Collard Greens & Potatoes
- Spicy Chickpea Cabbage Salad
- Creamy Garlic Dressing Bowl
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Vegan Crumb Top Banana Bread
- 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 #156 Shopping List

www.monkeyandmekitchenadventures.com

### PRODUCE

- ☐ Garlic [(D=3 cloves) (G=2T) (N=1t) (B=1T)]
- ☐ Ginger [(D=2t) (N=2t)]
- ☐ Medium Red Onions [(D=1C)]
- ☐ Small Red Onions [(B)]
- ☐ Medium Yellow Onions [(G=1)]
- ☐ Green Onions [(N=4)]
- ☐ Red Bell Peppers [(N=1) (B)]
- ☐ Carrots [(N=1) (B)]
- ☐ Medium Tomatoes [(D=3)]
- ☐ Grape Tomatoes [(B)]
- ☐ Russet Potatoes [(G=4C)]
- ☐ Baby Potatoes [(D=20)]
- ☐ Mini-English Cucumbers [(B)]
- ☐ Radishes [(B)]
- ☐ Salad Greens of Choice [(B)]
- ☐ Collard Greens [(G=16 oz.)]
- ☐ Napa Cabbage [(N=4C)]
- ☐ Cilantro [(D)]
- ☐ Lemons [(W=2T)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### DRY/CANNED/JARRED GOODS

- ☐ Hemp Seeds [(B)]
- ☐ Cashews (raw) [(W=.5C) (D=3T)]
- ☐ Toasted Sesame Seeds [(N=1T)]
- ☐ Rice Vinegar [(N=2T)]
- ☐ Distilled White Vinegar [(B=.5C)]
- ☐ Ume Plum Vinegar [(W=1t)]
- ☐ Tomato Paste [(B=2T)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(G=1)]
- ☐ 15 oz. can Cannellini Beans [(B)]
- ☐ 15 oz. can Chickpeas [(N=1)]
- ☐ 15 oz. can Green Beans [(G=1)]
- ☐ Black Olives [(B)]
- ☐ Canned Artichoke Hearts [(B)]
- ☐ Nutritional Yeast [(W=.25C)]
- ☐ Baking Soda [(G=.25t)]
- ☐ Cornstarch [(N=.5t)]
- ☐ Tahini [(N=1t) (B=.25C)]
- ☐ Ketchup [(N=2T)]
- ☐ Pure Maple Syrup [(N=2T) (B=.25C)]
- ☐ Pasta of choice [(B)]
- ☐ 16 oz. package Lasagna Noodles [(W=1)]
- ☐ Chili Garlic Sauce [(N=.75t)]

✓ **Huy Fong Chili Garlic Sauce**

- ☐ Hot Sauce [(G=.5t)]

✓ **Frank's RedHot Sauce**

- ☐ Tamari [(G=2T) (N=2T)]

✓ **San J Gluten Free Reduced Sodium**

- ☐ Vegetable broth [(W=1.25C) (G=2C) (N=1T)]

✓ **Pacific Organic Vegetable Stock – Low Sodium**

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

### REFRIGERATED

- ☐ Unsweetened Plain Plant Yogurt [(W=.5C)]

- ☐ Miso [(N=1t) (B=2T)]

✓ **Miso Master Organic Mellow White**

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

### FROZEN

- ☐ 14.4 oz. package Frozen Cauliflower Florets [(W=1)]

- ☐ 14.4 oz. package Frozen Broccoli Florets [(W=1)]

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

### SPICES USED:

- ☐ Dried Basil [(W=1.5t)]
- ☐ Chili Powder [(G=.5t)]
- ☐ Garam Masala [(D=.5t)]
- ☐ Garlic Powder [(W=1.5t) (G=1t) (N=.5t) (B=1.5t)]
- ☐ Italian Seasoning [(W=.25t)]
- ☐ Dried Ground Mustard Powder [(W=.5t)]
- ☐ Nutmeg [(W=pinch)]
- ☐ Onion Powder [(W=1t) (G=1t) (N=.5t) (B=1t)]
- ☐ Dried Minced Onions [(W=2T) (G=2T)]
- ☐ Dried Oregano [(W=1.5t)]
- ☐ Dried Parsley [(W=1t)]
- ☐ Smoked Paprika [(G=1t)]
- ☐ Sweet Paprika [(D=.5t)]
- ☐ Red Pepper Flake [(N=.25t)]
- ☐ Turmeric [(D=.5t)]
- ☐ Sea Salt
- ☐ Black Pepper

### MISC:

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**Recipe Code:** Vegan Veggie White Lasagna Skillet (W), Instant Pot Dum Aloo (D), Smoky Collard Greens, Green Beans, and Potatoes (G), Spicy Glazed Chickpea Napa Cabbage Salad (N), Oil Free Creamy Garlic Dressing Bowl (B)