



## BREAKFAST IDEAS

- Vegan Cauliflower Migas
- English Muffin/Toast w/ PB & Jam
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Vegan Parmesan Orzo and Peas
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Oil Free Vegan Pesto Pasta
- Vegan Mini Cheeseburger Salad
- Vegan Cheeseburger Salad
- Vegan Enchilada Quesadilla Bake
- Vegan Salisbury Steak
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Simple Mashed Potatoes
- 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 #157 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(R=2T) (Z=1T)]
- Small Red Onions [(S) (Q)]
- Sweet Onion [(Z=.5C)]
- Grape Tomatoes [(S) (Q)]
- Russet Potatoes [(Z)]
- Iceberg Lettuce [(S) (Q)]
- Cremini Mushrooms [(Z= 8 oz.)]
- Green Cabbage [(R=1)]
- Avocados [(Q)]
- Cilantro [(Q)]
- Flat Leaf Parsley [(Z)]
- Fresh Basil [(P=2C)]
- Lemons [(P=2T+1t)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Cashews (raw) [(D=.5C)]
- Flaxseed Meal [(S=2T)]
- Blanched Almond Slivers [(P=.25C)]
- Pine Nuts [(P=.25C)]
- Distilled White Vinegar [(Q=1t)]
- Apple Cider Vinegar [(D=2T) (X=.33C)]
- Pickles (of choice) [(D=2T)]
- Dill Pickle Slices [(S)]
- Dill Relish [(X=1t)]
- Jar 'Tamed' Jalapeno Pepper Slices [(Q=.25C)]
- Ketchup [(S=1T) (X=1T)]
- Yellow Mustard [(X=1t)]
- Tomato Paste [(D=1t) (Z=1T)]
- 15 oz. can Cannellini Beans [(Q=1)]
- 16 oz. can Kidney Beans [(Q)]
- 15 oz. can Black Beans [(S=1)]
- Nutritional Yeast [(P=2T) (R=1T) (X=1T) (Q=.25C) (Z=2T)]
- Enchilada Sauce [(Q=2C)]
- Flour (of choice) [(Z=1T+1t)]
- Panko Crumbs (of choice) [(S=.25C)]
- Tahini [(X=.25C) (Q=1T)]
- Pure Maple Syrup [(D=1T+1t) (X=.25C)]
- Pasta of choice [(P)]
- Brown Rice [(S=.33C)]
- Hot Sauce [(R=1T)]
- Frank's RedHot Sauce**
- Tamari [(R=1T) (S=1T) (Z=2T)]
- San J Gluten Free Reduced Sodium**

- Vegetable broth [(Z=1C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened Plain Plant Milk [(Q=1T)]
- Miso [(D=2t)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

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

## SPICES USED:

- Caraway Seeds (ground) [(R=pinch)]
- Celery Seed [(D=pinch)]
- Chili Powder [(D=pinch)]
- Garlic Powder [(P=.5t) (R=1.25t) (D=1t) (S=1t) (X=.5t) (Q=1t) (Z=1t)]
- Dried Ground Mustard Powder [(D=.25t) (Z=.5t)]
- Onion Powder [(R=1t) (D=1t) (S=1t) (Q=1t) (Z=1t)]
- Dried Minced Onions [(R=2T) (S=2T) (Q=1t) (Z=1T)]
- Dried Crushed Rosemary [(Z=pinch)]
- Smoked Paprika [(S=1t)]
- Sweet Paprika [(D=1t) (S=.5t)]
- Red Pepper Flake [(S=pinch)]
- Dried Rubbed Sage [(Z=pinch)]
- Dried Crushed Thyme Leaves [(Z=1t)]
- Sea Salt
- Black Pepper

## MISC:

- 6-inch Corn Flour Tortillas (of choice) [(Q=12)]
- Soy Curls (internet purchase) [(Z=1.5C)]
- Butler Soy Curls**
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Vegan Pesto Pasta (P), Reuben Cabbage Wedges (R), Vegan Thousand Island Dressing (D), Vegan Cheeseburger Salad (S), Vegan Cheeseburger Salad Dressing (X), Vegan Enchilada Quesadilla Bake (Q), Vegan Salisbury Steak (Z)