



BREAKFAST IDEAS

- Vegan Muesli
- Baked Potatoes & Veg w/ Hummus
- _____
- _____
- _____

LUNCH IDEAS

- Southern Molasses Pinto Bean Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Sun-Dried Tomato Pasta
- Middle Eastern Bulgur Pilaf
- Easy Vegan Pizza Chili
- Vegan Chinese Pepper "Steak"
- Cauliflower Fiesta Tacos
- _____
- _____

SNACKS IDEAS

- Vegan Jeweled Coconut Cookies
- 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 #162 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(P=1T) (B=1T) (E=2T) (S=1T) (F=1T)]
- ☐ Ginger [(S=2t)]
- ☐ Medium Red Onions [(B=1C)]
- ☐ Small Red Onions [(F=.75C)]
- ☐ Medium Yellow Onions [(P=1) (E=1)]
- ☐ Green Onions [(S)]
- ☐ Green Bell Peppers [(E=1) (S=1)]
- ☐ Red Bell Peppers [(B=1) (E=.5) (S=1) (F=1)]
- ☐ Jalapeno Peppers [(E=1) (F=1)]
- ☐ Medium Zucchini [(P=3C)]
- ☐ Avocados [(E) (F)]
- ☐ Cilantro [(F)]
- ☐ Flat Leaf Parsley [(P) (B=.25C)]
- ☐ Cauliflower [(F=4C)]
- ☐ Baby Bella Mushrooms [(S= 8oz.)]
- ☐ Portabella Mushroom Caps [(S= 6 oz.)]

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DRY/CANNED/JARRED GOODS

- ☐ Toasted Sesame Seeds [(S)]
- ☐ Cashews (raw) [(VP=.25C)]
- ☐ Blanched Slivered Almonds [(VP=.25C)]
- ☐ Cashew Butter [(P=2T)]
- ☐ Rice Vinegar [(S=1T)]
- ☐ Tomato Paste [(B=1T) (S=1T)]
- ☐ Tomato Sauce [(P=8 oz.)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(B=1)]
- ☐ Oil-Free Sundried Tomatoes [(P=.75C)]
- ☐ 16 oz. can Kidney Beans [(E=1)]
- ☐ 15 oz. can Pinto Beans [(E=1) (F=1C)]
- ☐ Coarse Bulgur [(B=1C)]
- ☐ Nutritional Yeast [(P=2T, VP=2T) (E=2T) (F=2T+1t)]
- ☐ Baking Soda [(P=pinch) (B=pinch)]
- ☐ Cornstarch or Arrowroot Powder [(S=1T)]
- ☐ Liquid Smoke [(F=.5t)]
- ☐ Pure Maple Syrup [(S=2T+1t)]
- ☐ Molasses [(S=2t)]
- ☐ Linguini [(P=14 oz.)]
- ☐ Rice of choice [(S)]
- ☐ Mild Salsa [(E=15 oz.) (F=3T)]
- ☐ Pizza Sauce [(E=1.5C)]
- ☐ Tamari [(S=.25C + 1T) (F=1T)]
- ☒ **San J Gluten Free Reduced Sodium**
- ☐ Vegetable broth [(P=.5C) (B=1C) (S=3T) (F=2T)]

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

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REFRIGERATED

- ☐ Miso [(S=1T)]

✓ **Miso Master Organic Mellow White**

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FROZEN

- ☐ Frozen Corn [(F=1C)]

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SPICES USED:

- ☐ Dried Basil [(P=2t)]
- ☐ Cayenne Pepper [(F=.25t)]
- ☐ Chili Powder [(E=2t) (F=1t)]
- ☐ Coriander [(F=.25t)]
- ☐ Cumin [(B=.5t) (F=pinch)]
- ☐ Garlic Powder [(P=1t) (VP=.25t) (B=1t) (E=.5t) (F=1t)]
- ☐ Dried Ground Mustard Powder [(S=.25t)]
- ☐ Onion Powder [(P=1t) (B=1t) (F=1t)]
- ☐ Smoked Paprika [(F=1t)]
- ☐ Red Pepper Flake [(S=.25t)]
- ☐ Sea Salt
- ☐ Black Pepper

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MISC:

- ☐ Taco Shells/Tortillas (of choice) [(F)]

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Recipe Code: Vegan Sun-Dried Tomato Parmesan Pasta (P), Vegan Parmesan Cheese (VP), Middle Eastern Bulgar Pilaf (B), Easy Vegan Pizza Chili (E), Vegan Chinese Pepper "Steak" (S), Cauliflower Fiesta Tacos (F)