



BREAKFAST IDEAS

- Quinoa Flatbread Bagels
- Avocado Toast/GF English Muffin
- _____
- _____
- _____

LUNCH IDEAS

- Asian Noodle Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Red Beans and Rice
- Roasted Corn Alfredo Pasta
- Indian Spiced Red Lentil Stew
- Enchilada Skillet
- Pineapple Sitr-Fry
- _____
- _____

SNACKS IDEAS

- Hummus
- Fruits 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:
3 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 #3 Shopping List

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PRODUCE

- ☐ 1 large yellow onion [(RBR=1)]
- ☐ 3 medium yellow onion [(IRLS=1) (ES=1) (PSF=1C)]
- ☐ 1 large white onion [(RCAP=.33C)]
- ☐ Bunch of green onions [(PSF=4) (ES=Optional)]
- ☐ 1 celery bunch [(RBR=3 stalks) (PSF=2 stalks)]
- ☐ Carrots [(IRLS=2C) (PSF=2)]
- ☐ 3 red bell peppers [(RBR=1) (ES=1) (PSF=1)]
- ☐ 1 orange bell pepper [(ES=1)]
- ☐ 1 yellow bell pepper [(ES=1)]
- ☐ 1 green bell pepper [(RBR=1)]
- ☐ 2 parsnips [(IRLS=2)]
- ☐ 2 garlic bulbs [(RBR=5 cl.) (RCAP=2 cl.) (PSF=4 cl.)]
- ☐ raw cashews [(RCAP=1C)]
- ☐ fresh corn [(RCAP=3 ears)]
- ☐ fresh basil [(RCAP=.5C)]
- ☐ Portobello mushroom [(RCAP=1)]
- ☐ 5 large mushrooms [(IRLS=5)]
- ☐ 6 medium white or cremini mushrooms [(PSF=6)]
- ☐ Tomatoes [(ES=Optional)]
- ☐ Avocado [(ES=Optional)]
- ☐ Ginger [(PSF=1t)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ 2 – 32 oz. Vegetable Broth (low sodium) [(RBR=2C) (RCAP=.25C) (IRLS=1pkg.)]
✓ *Pacific Organic Vegetable Stock – Low Sodium*
- ☐ 1 – 32 oz. Vegetable Broth (low sodium)
- ☐ 2 – 8 oz. can tomato sauce [(RBR=1) (ENS=1)]
- ☐ 1 – 6 oz. can tomato paste [(ENS=1T)]
- ☐ 1 – 14.5 oz. can diced tomatoes [(IRLS=1)]
- ☐ Brown Rice [(RBR=1C) (PSF=4C)]
- ☐ 2 – 15 oz. cans kidney beans [(RBR=2)]
- ☐ 2 – 15 oz. cans black beans [(ES=2)]
- ☐ 1 – 4 oz. can mild green chilies [(ES=1)]
- ☐ Nutritional yeast [(RCAP=2T) (IRLS=.33C)]
- ☐ 1 package penne pasta [(RCAP=1pkg)]
- ☐ Balsamic vinegar [(RCAP=1T)]
- ☐ 1 – 16 oz. split red lentils [(IRLS=16oz.)]
- ☐ Corn Tortillas [(ES=8 or 9)]
- ☐ Black Olives [(ES=Optional)]
- ☐ Unbleached flour or Gluten Free (ENS=3T)]
- ☐ Pineapple juice (canned) [(PSF=1C)]
- ☐ 1 – 20 oz. can pineapple chunks [(PSF=1)]
- ☐ Brown rice vinegar [(PSF=2t)]

REFRIGERATED

- ☐ Almond milk [(RCAP=1C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ Frozen corn [(ES=1.5C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Garlic Powder [(RBR=1t) (IRLS=1T) (ES=.5t) (ENS=.5t)]
- ☐ Onion Powder [(RBR=.5t) (ENS=1t)]
- ☐ Oregano-dried [(RBR=.5t)]
- ☐ Mexican Oregano [(ES=.5t) (ENS=.5t)]
- ☐ Smoked Paprika [(RBR=.5t) (ES=.5t) (ENC=.5t)]
- ☐ Sweet Paprika [(RBR=.1t+.25t)]
- ☐ Cumin [(RBR=.25t) (ES=1.5t) (ENS=.25t)]
- ☐ Dried Red Pepper Flake [(RBR=dash) (RCAP=dash) (PSF=.5t)]
- ☐ Cayenne Pepper [(RBR=dash) (ES=dash) (ENS=dash)]
- ☐ Nutmeg [(RCAP=pinch)]
- ☐ Curry Powder [(IRLS=2T)]
- ☐ Dried Dill Weed [(IRLS=3T)]
- ☐ Chili Powder [(ES=1.5t) (ENS=2T)]
- ☐ Sea Salt
- ☐ Black Pepper

MISC:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code for Menu #1: Red Beans & Rice (RBR), Roasted Corn Alfredo Pasta (RCAP), Indian Spiced Red Lentil Stew (IRLS), Enchilada Skillet (ES), Enchilada Sauce (ENS), Pineapple Stir Fry (PSF),