



BREAKFAST IDEAS

- Chocolate Pancakes
- Plant yogurt w/ fruit, oats & seeds
- _____
- _____
- _____

LUNCH IDEAS

- Salsa Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Texas Style Barbecue Tempeh
- Butternut Squash Mac and Peas
- Southwestern Quinoa Potato Stew
- Chickpea Artichoke 'Bliss in a Dish'
- Vegan Sopa De Fideo
- _____
- _____

SNACKS IDEAS

- Guacamole
- Fruits and Veggies
- _____
- _____
- _____

Notes:





Whole Food Plant Based INSTRUCTIONS



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 #2 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Yukon Gold Potatoes [(BIAD=3C)]
- 10 Baby Potatoes [(SQPS=10)]
- Garlic [(4cl.=BIAD) (SDF=2cl.) (SQPS=5cl.)]
- 2 Red bell peppers [(BIAD=.5) (SQPS=1)]
- 2 Jalapeno peppers [(SQPS=2)]
- 1 Celery [(SQPS=1 stalk)]
- 1 Tomato [(BIAD=1C)]
- Raisins [(BIAD=4T)]
- Fresh Basil [(BIAD=.5C)]
- 2 medium yellow onion [(SDF=1) (SQPS=1)]
- 1 butternut squash [(BSMP=2C)]
- Raw cashews [(BSMP=.5C)]
- 1 lemon [(BSMP=2T)]
- 1 lime [(SQPS=.25C)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____

REFRIGERATED

- 2-8oz. packages tempeh [(TSBT=2)]
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN

- Frozen Artichokes [(BIAD=3C)]
- Frozen Peas [(BSMP=2C) (SQPS=.75C)]
- Frozen Corn [(.75C=SQPS)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- 2-15 oz. cans Chickpeas [(BIAD=2cans)]
- 1-15oz. can Black Beans
- 1 jar pitted Kalamata olives [(BIAD=.5C)]
- Balsamic vinegar [(BIAD=1T+.5T)]
- Apple cider vinegar [(TSBS=1T)]
- 1-7 oz. pkg. Fideo Pasta (vermicelli or angel hair) [(SDF=1)]
- 1-16oz. package elbow macaroni [(BSMP=1)]
- 1-28 oz. can Peeled, Whole Tomatoes (San Marzano) [(SDF=1)]
- 6 oz. can tomato paste [(TSBS=1)]
- 1-14 oz. can petite diced tomatoes [(SQPS=1)]
- 5 cups Vegetable Broth (low sodium) [(SDF=3C) (SQPS=2C)]
 - ✓ *Pacific Organic Vegetable Stock – Low Sodium*
- Cornstarch [(BSMP=2T)]
- Nutritional Yeast [(BSMP=.5C)]
- Dijon mustard [(BSMP=1T)]
- Black Strap Molasses [(TSBS=2t)]
- Maple Syrup [(TSBS=.33C)]
- Liquid Smoke [(TSBS=.25t)]
- Quinoa [(SQPS=.75C)]
- _____
- _____
- _____
- _____

SPICES USED:

- Oregano [(BIAD=1t)]
- Mexican Oregano [(SDF=1t)]
- Basil [(BIAD=1t)]
- Rosemary [(BIAD=.5t)]
- Cumin [(SDF=.5t) (SQPS=1t+.5t)]
- Chili Powder [(SDF=.5t) (TSBS=.5t)]
- Garlic Powder [(BSMP=.5t) (TSBS=1t) (SQPS=.5t)]
- Onion Powder [(BSMP=1t) (TSBS=1t) (SQPS=.5t)]
- Smoked Paprika [(TSBS=1T)]
- Chipotle Powder [(TSBS=.25t) (SQPS=.5t)]
- Cayenne Pepper [(TSBS=dash)]
- Dried Minced Onions [(SQPS=2T)]
- Sea Salt
- Black Pepper

MISC:

- Buns [(TSBT=1pkg)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Recipe Code for Menu #1: Texas Style Barbecue Tempeh (TSBT), Butternut Squash Mac & Peas (BSMP), Southwestern Quinoa Potato Stew (SQPS), Chickpea Artichoke 'Bliss in a Dish' (BIAD), Vegan Sopa De Fideo (SDF)