



BREAKFAST IDEAS

- Cornmeal Biscuit
- Sweet Potato Toast
- _____
- _____
- _____

LUNCH IDEAS

- Waldorf Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Cabbage Fried Rice
- Slow Cooker Chipotle Black Bean Soup
- Italian Peperonata Sauce
- "Sweetgreen" Detox Salad
- Spicy Bean Burger
- _____
- _____

SNACKS IDEAS

- Peanut Butter Banana Rice Cake
- 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 #5 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ 1 small yellow onions [(CFR=1)]
- ☐ 2 large yellow onions [(SBB=2)]
- ☐ 4 large red onion [(SBB=burger topper) (CBBS=1) (IPS=1) (SDS=1)]
- ☐ 1 small leek [(IPS=1)]
- ☐ 1 Napa cabbage [(CFR=.5)]
- ☐ 3 garlic bulbs [(CFR=5cl.) (SBB=8cl.) (CBBS=2cl.) (IPS=2)]
- ☐ 1 ginger branch [(CFR=about 1 inch)]
- ☐ 1 bunch green onions [(CFR=3)]
- ☐ 1 bunch Italian flat leaf parsley [(SBB=.5C)]
- ☐ 1 bunch cilantro [(SDS=handful)]
- ☐ Fresh Herbs (basil, oregano, chives) [(IPS=.33C)]
- ☐ Greens of choice [(SBB=burger topper)]
- ☐ Tomatoes of choice [(SBB=burger topper)]
- ☐ Heirloom tomatoes [(IPS=1.5lbs.)]
- ☐ Cucumbers of choice [(SBB=burger topper)]
- ☐ 3 lemons [(SBB/GS=2t) (IPS=1) (SDS/DTD=1)]
- ☐ 1 lime [(CBBS=1)]
- ☐ 1 jalapeno pepper [(CBBS=1)]
- ☐ 2 bell peppers (mixed colors) [(IPS=3)]
- ☐ 1 head broccoli [(SDS=1)]
- ☐ 1 medium-firm pear [(SDS=1)]
- ☐ 2 avocados [(SDS=2)]
- ☐ 1 bunch kale [(SDS=1 bunch)]
- ☐ Arugula [(SDS=4C)]
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

DRY/CANNED/JARRED GOODS

- ☐ Tamari [(CFR=.25C)]
 - ✓ **San J Gluten Free Low Sodium**
- ☐ 100% pure maple syrup [(CRF=2t)]
- ☐ Brown Rice [(CFR=4C cooked)]
- ☐ Sesame seeds [(CFR=2T – optional)]
- ☐ Sriracha Sauce [(CFR=optional) (SDS=2T)]
 - ✓ **Wildbrine**
- ☐ 1 – 15 oz. can cannellini beans [(SBB=1)]
- ☐ 1 – 15 oz. can red kidney beans [(SBB=1)]
- ☐ Brown Rice Flour [(SBB=.25C)]
- ☐ Raw Cashews [(SBB/GS=.66C)]
- ☐ Dried Black Beans [(CBBS=1lb.)]
- ☐ 1 can chipotle pepper [(CBBS=1)]
- ☐ 4 cups Vegetable broth [(CBBS=4C)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**

- ☐ Walnuts [(SDS=.5C)]
- ☐ Nutritional Yeast [(SDS=1T)]
- ☐ Tahini [(SDS/DTD=2T)]
- ☐
- ☐
- ☐
- ☐

REFRIGERATED

- ☐ Unsweetened plain plant milk [(SBB/GS=2T)]
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

FROZEN

- ☐ 1 – 12 oz. package frozen Asian blend vegetables [(CFR=1 bag)]
- ☐ Frozen peas [(CFR=.5C)]
- ☐ Frozen corn [(CBBS=1C)]
- ☐
- ☐
- ☐
- ☐
- ☐

SPICES USED:

- ☐ Garlic Powder [(SBB=1t) (SBB/GS=2t) (SDS/DTD=lg pinch)]
- ☐ Onion Powder [(SBB=.5t)]
- ☐ Cumin [(SBB=1t) (CBBS=1T)]
- ☐ Chili Powder [(CBBS=1T) (SDS/DTD=.25t)]
- ☐ Sweet Paprika [(SBB=.25t)]
- ☐ Smoked Paprika [(CBBS=.5t)]
- ☐ Dried Red Pepper Flake [(SBB=.5t) (IPS=pinch)]
- ☐ Powdered Ginger [(SDS/DTD=.25t)]
- ☐ Sea Salt
- ☐ Black Pepper

MISC:

- ☐ Sandwich Buns or Wraps [(SBB)]
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Recipe Code for Menu #1: Cabbage Fried Rice (CFR), Spicy Bean Burger (SBB), Garlic Sauce (SBB/GS), Slow Cooker Chipotle Black Bean Soup (CBBS), Italian Peperonata Sauce (IPS), Sweetgreeny Detox Salad (SDS), Sweetgreeny Dressing (SDS/DTD)