



BREAKFAST IDEAS

- Carrot Cake Oatmeal Bake
- WFPB+GF English Muffin w/ PB+J
- _____
- _____
- _____

LUNCH IDEAS

- Simple Veggie Quinoa Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Southwestern Veggie Salad
- Vegan Butter "Chicken"
- Italian Greens and Beans
- No Noodle Pad Thai
- Grilled Vegetable Mushroom Tacos
- _____
- _____

SNACKS IDEAS

- Cinnamon Maple Glazed Pecans
- 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

- 8 medium Russet potatoes [(SRVS=8)]
- 3 red bell peppers [(SRVS=1) (GVPMT=2)]
- 1 orange bell pepper [(SRVS=1)]
- 1 yellow bell pepper [(SRVS=1)]
- 1 hot or mild green Chile (serrano) [(VBC=1)]
- Hot green Chile [(VBC= ½)]
- 1 jalapeno pepper [(GVPMT=1)]
- 2 yellow squash [(SRVS=2)]
- 5 zucchinis [(SRVS=2) (NNPT=3)]
- 1 large red onion [(SRVS=1)]
- 1 large yellow onion [(IGB=1)]
- 4 green onions [(NNPT=4)]
- 2 garlic bulbs [(IGB=5cl.) (VBC=4cl)]
- Ginger branch [(VBC=.5" + .5t) (NNPT/PS=2t)]
- Salad greens of choice [(SRVS=choice)]
- Fresh greens of choice (escarole, baby spinach, or swiss chard) [(IGB=1 bunch)]
- Fresh Basil Leaves [(IGB=10 leaves)]
- Cilantro [(VBC=.25C – garnish) (NNPT=handful) (GVPMT=1C)]
- 1 avocado [(SRVS=1)]
- 1 lemon [(IGB=1T)]
- 7 limes [(NNPT=3) (GVPMT=2) (GVPMT=2)]
- 3 large tomatoes [(VBC=3)]
- ¼ lb. daikon radish [(NNPT= ¼ lb.)]
- 4 carrots [(NNPT=4)]
- 8-ounce package bean sprouts [(NNPT=1pkg)]
- 3 Portobello mushroom caps (GVPMT=3)]
- 2 ears of corn [(GVPMT=2)]
- Red cabbage [(GVPMT=2C)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- 2 – 15 oz. can black beans [(SRVS=1) (GVPMT=1)]
- 1 – 15 oz. can corn [(SRVS=1)]
- 2 – 15.5 oz. cans cannellini beans [(IGB=2)]
- 1 – 15 oz. can chickpeas [(VBC=1C)]
- Raw cashews [(SRVS/SSD=.5C) (VBC=.25C)]
- Tahini [(SRVS/SSD=2T)]
- Maple Syrup [(SRVS/SSD=.5t) (IGB=.5t) (VBC=.5t) (NNPT=2T)]
- Apple Cider Vinegar [(SRVS/SSD=2t)]
- 1- 8 oz. can tomato sauce [(IGB=3T)]
- 1 ½ cups Vegetable broth [(IGB=1+.5C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**

- Soy Curls (dry, not rehydrated [(VBC=1C)]
- Sesame Seeds [(NNPT=2T)]
- Unsweetened peanut butter [(NNPT/PS=.5C)]
- Tamari [(NNTP/PS=2T0)]
 - ✓ **San J Gluten Free Low Sodium**
- Organic Balsamic Vinegar [(GVPMT=.33C)]
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened plant milk [(IGB=3T)]
- Organic Extra-Firm tofu [(NNPT=12 ounces)]
- Kimchi [(GVPMT=1C)]
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(SRVS = 2t) (SRVS/SSD=1t) (IGB=1 +.5t)]
- Onion Powder [(SRVS=2t) (SRVS/SSD=.5t) (IGB=.5t)]
- Dried Minced Onion (9IGB=3T)]
- Sweet Paprika [(SRVS=1t) (VBC=.5t)]
- Chili Powder [(SRVS=1t) (GVPMT=1t)]
- Cayenne [(VBC=.5t)]
- Smoked Paprika [(SRVS/SSD=1t) (GVPMT=.5t)]
- Italian Herb Seasoning [(IGB=1t)]
- Rosemary [(IGB=1t)]
- Red Pepper Flake [(IGB=pinch) (NNPT/PS=pinch)]
- Garam Masala (VBC=1 +.5t)]
- Kasoori Methi – dried fenugreek leaves [(VBC=1t)]
- Cumin [(GVPMT=1t)]
- Sea Salt
- Black Pepper

MISC:

- 8-12 corn or flour tortillas [(GVPMT=8 to 12)]
- _____
- _____

Southwestern Veggie Salad (SRVS), Southwestern Salad Dressing (SRVS/SSD), Italian Greens & Beans (IGB), Vegan Butter Chicken (VBC), No Noodle Pad Thai (NNPT), Peanut Sauce (NNPT/PS), Grilled Vegetable Portobello Mushroom Tacos (GVPMT)