



BREAKFAST IDEAS

- Vegan Muesli
- Avocado + GF English Muffin
- _____
- _____
- _____

LUNCH IDEAS

- Lemon Asparagus Potato Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Cajun Black Eyed Pea Stew
- Ultimate Creamy Pasta
- Vegan Sushi Bowl
- Vegetarian Enchilada Soup
- Veggie Loaf
- _____
- _____

SNACKS IDEAS

- Chocolate Peanut Butter No Bakes
- 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 #7 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ 2 Garlic bulbs [(CPWB= 3cl.) (VES=3cl.) (CPS=5cl.) (VL=5cl)]
- ☐ Fresh basil [(CPWB=.25C)]
- ☐ Cucumber [(VSB=1)]
- ☐ Carrot [(VSB=1) (VL=1)]
- ☐ Celery [(CPS=4 stalks) (VL=2 stalks)]
- ☐ Avocado [(VSB=1)]
- ☐ Mango [(VSB=1)]
- ☐ Green onions [(VSB=2)]
- ☐ 2 medium yellow onion [(VES=1) (VL=1)]
- ☐ 2 large yellow onion [(CPS=2)]
- ☐ 1 long green chili pepper [(VES=1)]
- ☐ 1 large sweet potato [(VES=1)]
- ☐ 1 red bell pepper [(VES=.5t)]
- ☐ 2 green bell peppers [(CPS=2)]
- ☐ Cilantro [(VES=bunch)]
- ☐ Baby Spinach [(CPS=3C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ 12 oz. pasta of choice [(CPWB=12 oz.)]
- ☐ Sushi rice [(VSB=1C)]
- ☐ Rice Vinegar [(VSB=.25C)]
- ☐ 1 – 15 oz. can white cannellini beans [(CPWB=1)]
- ☐ 2 – 15 oz. cans black beans [(VES=3C)]
- ☐ 2 – 15 oz. cans chickpeas [(VL=2)]
- ☐ 1 – 8 oz. can tomato sauce [(VES=1C)]
- ☐ 2 – 6 oz. cans tomato paste [(CPS=2T) (VL=4T)]
- ☐ 1 – 12 oz. can corn [(VES=1)]
- ☐ Dried black-eyed peas [(CPS=2C)]
- ☐ Cashews [(CPWB=.25C)]
- ☐ Walnuts [(VL=.5C)]
- ☐ Sesame seeds [(VSB=2t)]
- ☐ Soy Sauce [(VSB=personal amount)]
- ☐ Sriracha [(VSB=personal amount)]
- ☐ Organic maple syrup [(CPS=2t)]
- ☐ Cornstarch [(CPS=1T)]
- ☐ Medjool dated [(VL=4)]
- ☐ Organic, unsweetened almond butter [(VL=3T)]
- ☐ 8 ¼ cups Vegetable broth [(VES=4C) (CPS=4 ¼C)]
- ☒ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ Tamari [(VL=3T)]
- ☒ **San J Gluten Free Low Sodium**
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Unsweetened plant milk [(CPWB=1C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ Frozen shelled edamame [(VSB=1C)]
- ☐ Frozen peas [(VL=.5C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Garlic Powder [(CPS=1t) (VL=1+.5t)]
- ☐ Onion Powder [(CPS=1t) (VL=1t)]
- ☐ Dried Minced Onion [(CPS=2T) (VL=2T)]
- ☐ Dried Oregano [(CPWB=1t) (VES=.5t)]
- ☐ Dried Thyme [(CPWB=1t) (VES=pinch) (CPS=.5t)]
- ☐ Bay Leaves [(CPS=2leaves)]
- ☐ Sweet Paprika [(CPS=1t) (VL=.25t)]
- ☐ Chili Powder [(VES=.5t)]
- ☐ Cayenne [(CPS=dash)]
- ☐ Smoked Paprika [(CPS=1t)]
- ☐ Dried Parsley [(CPS=1t) (VL=2t)]
- ☐ Red Pepper Flake [(VL=.25t)]
- ☐ Cumin [(VES=1t) (CPS=.25t)]
- ☐ Dried Dill Weed [(CPS=.25t)]
- ☐ Sea Salt
- ☐ Black Pepper

MISC:

- ☐ Nori seaweed sheet [(VSB=1)]
- ☐ Flour or Corn Tortillas [(VES=2)]
- ☐ Gluten Free Brown Rice English Muffins **or** Panko Bread Crumbs (**see recipe**) [(VL=2/2C)]
- ☐ Ketchup or BBQ sauce of choice (**see recipe**) [(VL=.5C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Ultimate Creamy Pasta with White Bean Puree (CPWB), Vegan Sushi Bowl (VSB), Vegetarian Enchilada Soup (VES), Cajun Black Eyed Pea Stew (CPS), Veggie Loaf (VL)