



BREAKFAST IDEAS

- Banana Cinnamon Parfait
- Oatmeal w/ fruits, nuts & seeds
- _____
- _____
- _____

LUNCH IDEAS

- Avocado Chickpea Salad Wrap
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- No Oil Greek Salad
- Vegan Pozole
- Broccoli Pasta Pesto
- Caribbean Stuffed Peppers
- Fiesta Sweet Potato Burger
- _____
- _____

SNACKS IDEAS

- Chocolate PB Banana Wrap
- 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 #8 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ 4 garlic bulbs [(GS=2cl.) (FB=8cl.) (ACL=1cl.) (VP=3cl.) (BPP=3cl.) (CSP=2cl.)]
- ☐ 1 large red onion [(GS=1)]
- ☐ 1 medium red onion [(FB=1)]
- ☐ 1 large red onion [(FB=1 optional)]
- ☐ 3 medium yellow onions [(VP=2) (CSP=1)]
- ☐ 1 green bell pepper [(GS=1)]
- ☐ 1 red bell pepper [(FB=.5)]
- ☐ 5 bell peppers (any color) [(CSP=5)]
- ☐ 6 small tomatoes [(GS=6)]
- ☐ 2 large tomatoes [(FB=1 optional) (VP=1)]
- ☐ 2 mini-English cucumbers [(GS=2)]
- ☐ Radishes [(GS=3) (VP=1C)]
- ☐ Salad Greens of choice [(GS=8oz.) (FB=greens)]
- ☐ 1 lemon [(GS=2T)]
- ☐ 7 limes [(ACL=2T) (VP=6)]
- ☐ 1 medium sweet potato [(FB=1)]
- ☐ 1 avocado [(ACL=1)]
- ☐ 1 bunch of cilantro [(ACL=.25C)]
- ☐ 1 purple cabbage [(FB=.5C – optional)]
- ☐ 1 green cabbage [(VP=2C)]
- ☐ 1 small head broccoli [(BPP=1)]
- ☐ Fresh Basil [(BPP=1 lg. bunch)]
- ☐ 2 ripe plantains [(CSP=2)]
- ☐ 1 medium zucchini [(CSP=1)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Quinoa [(GS=1C)]
- ☐ Greek Olives [(GS=1C)]
- ☐ Greek Pepperoncinis [(GS=8)]
- ☐ Cashews (raw) [(GS=12 cashews) (SS=.5C) (BPP=.5C)]
- ☐ Macadamia nuts (raw) [(BPP=.5C)]
- ☐ Red Wine Vinegar [(GS=3T)]
- ☐ Apple Cider Vinegar [(SS=2t)]
- ☐ 2 – 15 oz. cans cannellini beans [(FB=2)]
- ☐ 2 – 16 oz. cans kidney beans [(CSP=2)]
- ☐ Hominy [(VP=4C)]
- ☐ Brown Rice Flour [(FB=.25C+2T)]
- ☐ Tahini [(SS=2T)]
- ☐ Organic Maple Syrup [(SS=.5t)]
- ☐ 3 dried chiles de arbol [(VP=3)]
- ☐ 1 lb. pasta of choice [(BPP=1 lb.)]

- ☐ 8 cups Vegetable broth [(VP=8C)]
- ✓ ***Pacific Organic Vegetable Stock – Low Sodium***

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

REFRIGERATED

- ☐ Unsweetened plain plant yogurt [(ACL=2T)]
- ☐ 8 oz. package tempeh [(VP=8oz.)]
- ☐ Coconut milk [(CSP=.25C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

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

SPICES USED:

- ☐ Garlic Powder [(FB=.5t) (SS=1t)]
- ☐ Onion Powder [(GS.5t) (FB=.5t) (SS=.5t)]
- ☐ Dried Oregano [(GS=1t) (VP=1T)]
- ☐ Dried Basil [(GS=.5t)]
- ☐ Sweet Paprika [(FB=.5t)]
- ☐ Smoked Paprika [(SS=1t)]
- ☐ Chili Powder [(FB=1t+.5t) (CSP=.5t)]
- ☐ Red Pepper Flake [(FB=.25t)]
- ☐ Cumin [(FB=.75t) (CSP=.75t)]
- ☐ Allspice [(CSP=.25t)]
- ☐ Cayenne Pepper [(CSP=dash)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ _____

MISC:

- ☐ Sandwich buns or wraps of choice [(FB)]
- ☐ 12 tostadas or corn tortillas [(VP)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: No Oil Greek Salad (GS), Fiesta Sweet Potato Burger (FB), Avocado Cilantro Lime Sauce (ACL), Southwestern Sauce (SS), Vegan Pozole (VP), Caribbean Stuffed Peppers (CSP), Broccoli Pasta Pesto (BPP)