



# MENU



## BREAKFAST IDEAS

- Blueberry, Banana & Walnut Oat Bake
- Oatmeal with fruit & nuts/seeds
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- No Oil Broccoli Noodle Slaw
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Fast and Easy Romesco Sauce
- Jerk Jackfruit Tacos
- Potato Pancakes with Pea Mint Dip
- Chickpea Pineapple Summer Salad
- Collard Green Stuffed Sweet Potatoes
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Roasted Red Pepper Hummus
- 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 #13 Shopping List

www.monkeyandmekitchenadventures.com

### PRODUCE

- ☐ 1 garlic bulbs [(CGSP=8cl.) (JJT=3cl.)]
- ☐ 1 medium red onion [(JJT=.25C)]
- ☐ 2 large yellow onion [(CGSP=1) (JJT=1C)]
- ☐ 1 small sweet onion [(SPPM=.5)]
- ☐ 1 bunch of green onions [(JJT=3)]
- ☐ chives [(CPSS=2T)]
- ☐ 2 red bell peppers [(JJT=2)]
- ☐ 1 orange bell peppers [(CPSS=1)]
- ☐ 1 habanero chili pepper [(JJT=1)]
- ☐ ginger [(JJT=2t)]
- ☐ 2 Russet (white) potatoes [(SPPM=2)]
- ☐ 4 medium sweet potatoes [(CGSP=4)]
- ☐ 1 large bunch of collard greens [(CGSP=1)]
- ☐ baby spinach [(CPSS=choice of amount)]
- ☐ 2 lemons [(FERS=1t) (SPPM=1) (SPPM=1-rind)]
- ☐ 4 limes [(JJT=3T+2 juiced)]
- ☐ 3 avocado [(CPSS=.25-optional, but recommended) (JJT=2)]
- ☐ 1 bunch of cilantro [(CPSS=.5C) (JJT=.5C)]
- ☐ 1 bunch of flat leaf parsley [(SPPM=.5T)]
- ☐ mint leaves [(SPPM=.5c or 15 leaves)]
- ☐ pineapple [(CPSS=.5 or 3C)]
- ☐ mango [(JJT=1.5C)]

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### DRY/CANNED/JARRED GOODS

- ☐ Almonds (raw) [(FERS=1C)]
- ☐ Apple Cider Vinegar [(CGSP=2T) (JJT=1T)]
- ☐ Champagne Vinegar [(CPSS=2T)]
- ☐ Shoyu [(JJT=6T)]
- ☐ 1 – 14 oz. can fire-roasted tomatoes [(FERS=1)]
- ☐ 1 – 20 oz. cans young green jackfruit in brine [(JJT=1)]
- ☐ 2 – 15 oz. cans chickpeas [(CPSS=2)]
- ☐ Pepitas [(CGSP=optional)]
- ☐ Raw sunflower seeds [(CPSS=.25C)]
- ☐ Liquid Smoke [(CGSP=2t)]
- ☐ Nutritional Yeast [(FERS=1T)]
- ☐ Chickpea Flour [(SPPM=4T)]
- ☐ Organic Maple Syrup [(CGSP=2t) (CPSS=.5T) (JJT=2t)]
- ☐ Dijon Mustard [(CPSS=1t)]
- ☐ Unsweetened shredded coconut [(CPSS=.5)]
- ☐ 1 – 12 oz. jar roasted red peppers [(FERS=1)]
- ☐ 1 lb. pasta of choice [(FERS=1lb-optional)]

- ☐ Tamari [(CGSP=1T)]  
✓ **San J Gluten Free Low Sodium**
- ☐ Vegetable broth [(CGSP=.25C) (JJT=1.5C)]  
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐
- ☐
- ☐
- ☐

### REFRIGERATED

- ☐ Soy Yogurt or Coconut Yogurt [(SPPM=.75C)]
- ☐
- ☐
- ☐
- ☐
- ☐

### FROZEN

- ☐ Frozen Peas [(SPPM=2.5C)]
- ☐
- ☐
- ☐
- ☐
- ☐

### SPICES USED:

- ☐ Garlic Powder [(CGSP=1t) (FERS=1t) (SPPM=.5t)]
- ☐ Onion Powder [(CGSP=1t) (FERS=.5t)]
- ☐ Dried Minced Onion Flakes [(CGSP=1T)]
- ☐ Mustard Powder [(SPPM=.5t)]
- ☐ Turmeric [(SPPM=.5t)]
- ☐ Red Pepper Flake [(CGSP=pinch) (FERS=.25t)]
- ☐ Allspice [(JJT=1t)]
- ☐ Nutmeg [(JJT=pinch)]
- ☐ Fresh Thyme [(JJT=1T)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐
- ☐

### MISC:

- ☐ Corn Tortillas (of choice) [(JJT=8)]
- ☐
- ☐
- ☐
- ☐
- ☐

**Recipe Code:** Collard Greens Stuffed Sweet Potatoes (CGSP), Fast and Easy Romesco Sauce (FERS), Chickpea Pineapple Summer Salad (CPSS), Spring Potato Pancakes with Pea Mint Dip (SPPM), Jerk Jackfruit Tacos (JJT)