



BREAKFAST IDEAS

- Vegan Chickpea Scramble
- Sweet Potato Toast w/ PB + Fruit
- _____
- _____
- _____

LUNCH IDEAS

- No Oil Greek Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Oil Free Garlic Sticky Noodles
- Chickpeas, Butternut Squash, & Figs
- Lentil Mushroom Wild Rice Pilaf
- Simple Brussel Sprout Salad
- Italian Pasta Fagioli
- _____
- _____

SNACKS IDEAS

- Apple Crisp
- 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 #24 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- 3 garlic bulbs [(SN=10cl.) (WRP=10cl.) (PF=10cl.) (CBF=4cl.)]
- 1 medium red onion [(CBF=1)]
- 1 medium yellow onion [(WRP=1) (PF=1)]
- green onions [(SN=5)]
- Carrots [(PF=1)]
- Celery [(PF=2 ribs)]
- baby spinach [(SN=2C) (PF=4C)]
- broccoli [(SN=2C)]
- 12 oz. white button mushrooms [(WRP=1)]
- Butternut squash [(WRP=1 – optional) (CBF=1)]
- Pomegranate [(WRP=1 – optional)]
- Figs [(CBF=1C)]
- Brussel Sprouts [(BSS=1 lb.)]
- _____
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- _____

- _____
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REFRIGERATED

- Miso [(SN=2t) (PF=1T)]
 - ✓ *Miso Master Organic Mellow White*
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Sesame Seeds [(SN=2T)]
- Pecans [(BSS=.33C)]
- Apple Cider Vinegar [(BSS=1t)]
- 1 – 6 oz. can tomato paste [(WRP=1T)]
- 1 – 8 oz. can tomato sauce [(PF=1)]
- 1 – 14 oz. can petite diced tomatoes [(PF=1)]
- 1 – 15 oz. cans cannellini beans [(PF=1)]
- 1 – 16 oz. cans kidney beans [(PF=1)]
- 1 – 15 oz. cans chickpeas [(CBF=1)]
- Dried small brown lentils [(WRP=1C)]
- Nutritional Yeast [(PF=1T)]
- Brown Rice [(WRP=1C)]
- Wild Rice [(WRP=.5C)]
- Tahini [(SN=1t) (BSS=1T)]
- Brown or Dijon Mustard [(BSS=2T)]
- Organic Maple Syrup [(SN=2T)]
- Molasses [(SN=1t)]
- 1 lb. elbow pasta of choice [(PF=1.5C)]
- Rice Noodles - *Fast cooking* [(SN=8oz.)]
- Tamari [(SN=2T) (WRP=1T) (BSS=1.5t)]
 - ✓ *San J Gluten Free Low Sodium*
- 3 cups Vegetable broth [(WRP=1C) (PF=1C) (CBF=1C)]
 - ✓ *Pacific Organic Vegetable Stock – Low Sodium*

SPICES USED:

- Garlic Powder [(WRP=2t) (PF=2t) (BSS=1.5t)]
- Onion Powder [(WRP=1t) (PF=1)]
- Dried Minced Onion Flakes [(WRP=2T) (PF=2T)]
- Bay Leaves [(WRP=1)]
- Dried Thyme [(WRP=.25t)]
- Italian Seasoning [(PF=1t)]
- Dried Oregano [(PF=.5t)]
- Dried Basil [(PF=2t)]
- Dried Rosemary [(CBF=2t)]
- Dried Tarragon [(CBF=2t)]
- Dried Sage [(CBF=1t)]
- Red Pepper Flake [(SN=.25t) (PF=pinch)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- Dry White Wine [(CBF=1C)]
- _____
- _____
- _____
- _____

Recipe Code: Oil Free Garlic Sticky Noodles (SN), Lentil Mushroom Wild Rice Pilaf (WRP), Italian Pasta Fagioli (PF), Slow Cooker Chickpeas, Butternut Squash and Figs (CBF), Simple Brussels Sprout Salad + Oil Free Dressing (BSS)