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- Overnight Breakfast Cookie
- Roasted Veggie Wrap w/ Salsa

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DINNER IDEAS

- Vegan Veggie Miso Soup
- Easy Burrito Bowl
- Sundried Tomato Basil Sauce
- Turmeric Acorn Squash Soup
- Moroccan Spiced Chickpeas

LUNCH IDEAS

- Vegan Greek Chickpea Salad
- Dinner Leftovers

SNACKS IDEAS

- Rosemary Potatoes w/ Sauce
- Fruits and Veggies

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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.



amount)] carrots [(MSP=1) (MS=1) (TAS=2)] salad greens of choice [(BB=desired amount)] baby spinach [(MSP=2C) (ST=1C)] lemons [(MSP=1t) (ST=1t) (BB=.5)] sweet potatoes [(MSP=amount of choice)] corn squash [(TAS=1)] avocados [(BB=desired amount)] cilantro [(MSP=optional topping) (BB=desired amount)] basil [(ST=.25C)] dill ((BB=1t)) foreens Blend or Napa Cabbage [(MS=2C)] button mushrooms [(MS=4 oz.)] Apple [(TAS=.5)] DRY/CANNED/JARRED GOODS Hemp Seeds [(BB=.5C)] Slivered Almonds [(ST=1C)] Apple Cider Vinegar [(BB=1T)] Rice Vinegar [(MS=1T)] Sundried Tomatoes [(ST=6)] Mediterranean Organic Sundried Roman Tomatoes Chili Garlic Sauce [(MS=1)] Huy Fong Chili Garlic Sauce 1 - 6 oz. can tomato paste [(MSP=2T)] 1 - 15 oz. cans black beans [(BB=desired amount)] Salsa [(BB=desired amount)]	Monke	ey & Me's Menu #29 Shopping List		www.monkeyandmekitchenadventures.com
2 garlic bulbs [MSP=5 cl.) (MS=5 cl.) (B8=1 cl.) 1 small yellow onion [(TAS=1)] 1 medium yellow onion [(MSP=1)] 1 bunch of green onions [(MS=3) (BB=desired amount)] Ginger [(MSP=3) in.) (MS=4 in.)] 2 red bell peppers [(MSP=1) (MS=1) (BB=desired amount)] carrots [(MSP=1) (MS=1) (TAS=2)] salad greens of choice [(BB=desired amount)] baby spinach [(MSP=2C) (ST=1C)] lemons [(MSP=1t) (ST=1t) (BB=.5)] avocados [(BB=desired amount)] dill [(BB=1t)] 1 bunch of snow pea pods [(MS=2C)] Button mushrooms [(MSP=0ptional topping) (BB=desired amount)] dill [(BB=1t)] Apple [(TAS=.5)] Apple [(TAS=.5)] Greens Blend or Napa Cabbage [(MS=2C)] Button mushrooms [(MSP=0ptional topping) (BB=desired amount)] Apple [(TAS=.5)] Apple (TAS=.5)] Greens Blend or Napa Cabbage [(MS=2C)] Button mushrooms [(MSP=0ptional topping) (BB=desired amount)] DRY/CANNED/JARRED GOODS Hemp Seeds [(BB=.SC)] Slivered Almonds [(ST=1C)] Apple Cider Vinegar ((MS=1T)] Sundried Tomatoes [(ST=6)] V Mediterranean Organic Sundried Roman Tomatoes Chili Garlic Sauce [(MS=1)] V Huy Fong Chili Garlic Sauce 1 - 6 oz. can tomato paste ((MSP=2T)] 1 - 15 oz. cans chickpeas ((MSP=1)] Salsa [(BB=desired amount)] Salsa [(BB=desired amount)] Call Powder ((MSP=.25t)) Cayenne Pepper ((MSP=.25t)) Sea Salt	PRODU	JCE		Mushroom broth [(MS=4C)]
1 medium yellow onion [(MSP=1)]		2 garlic bulbs [(MSP=5 cl.) (MS=5 cl.) (BB=1 cl.)]		-, ,-
1 bunch of green onions [(MS=3) (BB=desired amount)] Ginger [(MSP=3 in.) (MS=4 in.)] Vegetable broth [(MSP=.5C) (MS=.5C) (ST=.25C) (TAS=1C)] Pacific Organic Vegetable Stock – Low Sodic amount)] Carrots [(MSP=1) (MS=1) (MS=1) (MS=1) (MS=1) (MS=1) (MS=1) (MS=1) (MS=1) (MS=2C) (ST=1C)] Elmons [(MSP=2C) (ST=1C)] Elmons [(MSP=2C) (ST=1C)] Elmons [(MSP=2C) (ST=1C)] Elmons [(MSP=1) (ST=1t) (BB=.5)] Carrots (MSP=1) (ST=1t) (BB=.5L)] Unsweetened Plain Plant Yogurt [(MSP=.5C)] Unsweetened Plain Plant Milk [(ST=.5C)] Unsweetened Plain Plant Milk [(ST=.5C)] Unsweetened Plain Plant Milk [(ST=.5C)] White Miso [(MSP=2t)] Milo Master Organic Mellow White Milo ([MSP=2t]) Milo Master Organic Mellow White Milo ([MSP=1]) Miso Master Organic Mellow White Milo ([MSP=1]) Miso Master Organic Red Miso ([MS=4]) Miso Master Organic Red Miso ([MS=1]) Miso Master Organic Red Miso ([MS=4]) Miso Master Organic Red Miso ([MS=1]) Miso Master Organic Red Miso ([MS=1]) Miso Master Organic Red Miso ([MS=1,15t)		1 small yellow onion [(TAS=1)]		Tamari [(MS=4T)]
Ginger [(MSP=3 in.) (MS=4 in.)] 2 red bell peppers [(MSP=1) (MS=1) (BB=desired amount)] amount) carrots [(MSP=1) (MS=1) (TAS=2)] salad greens of choice [(BB=desired amount)] baby spinach [(MSP=2C) (ST=1C)] lemons [(MSP=1t) (ST=1t) (BB=.5)] acorn squash [(TAS=1)] avocados [(BB=desired amount)] cilantro [(MSP=apritonal topping) (BB=desired amount)] basil [(ST=.25C)] did [(BB=1t)] 1 bunch of snow pea pods [(MS=1C)] Button mushrooms [(MS=4 oz.)] Apple [(TAS=.5]) Apple (ITAS=.5]) PROZEN Frozen Edamame [(MS=1.75t) (ST=1t) (TAS=.5t)] Apple Cider Vinegar [(BB=1T)] Rice Vinegar [(MS=1T)] Sivered Almonds [(ST=1C)] Apple Cider Vinegar [(BS=1T)] Rice Vinegar [(MS=1)] A Mediterranean Organic Sundried Roman Tomatoes Chili Garlis Sauce [(MS=1)] A Huy Fong Chili Garlic Sauce 1 - 6 oz. can tomato paste [(MSP=2T)] 1 - 15 oz. cans black beans [(MSP=2T)] 1 - 15 oz. cans black beans [(MSP=2T)] 1 - 15 oz. cans black beans [(MSP=2T)] 2 - Salsa [(BB=desired amount)] Salsa [(BB=desired amount)] Salsa [(BB=desired amount)] Salsa [(BB=desired amount)] CTAS=1C) Pacific Organic Vegetable Stock – Low Sodic Pacific Organic Vegetable Stock – Low Sodic Pacific Organic Vegetable Stock – Low Sodic Unsweetened Plain Plant Yogurt [(MSP=.5C)] Unsweetened Plain Plant Yogurt [(MSP=.5C)] Unsweetened Plain Plant Yogurt [(MSP=.5C)] White Miso [(MSP=2t)] A Miso Master Organic Mellow White Red Miso [(MS=2T)] Grozen Edamame [(MS=1.7)] Ground Ginger [(MS=1.75t) (TAS=.5t)] Dried Minced Onion Flakes [(MSP=1.75t) (TAS=.5t)] Smoked Paprika [(MSP=.25t)] Coriander [(MSP=.25t)] Chili Powder [(MSP=.25t)] Chili Powder [(MSP=.25t)] Cayenne Pepper [(MSP=.25t)] Salsa [(BB=desired amount)] Salsa [(BB=desired amount)]		1 medium yellow onion [(MSP=1)]		✓ San J Gluten Free Low Sodium
Ginger [(MSP=3 in.) (MS=4 in.)] 2 red bell peppers [(MSP=1) (MS=1) (BB=desired amount)] 3 carrots [(MSP=1) (MS=1) (TAS=2)] 3 salad greens of choice [(BB=desired amount)] 4 baby spinach [(MSP=2C) (ST=1C)] 5 baby spinach [(MSP=2C) (ST=1C)] 5 carrots [(MSP=1t) (ST=1t) (BB=.5)] 5 sweet potatoes [(MSP=amount of choice)] 6 acorn squash [(TAS=1)] 6 acorn squash [(TAS=1)] 7 cilantro [(MSP=aptional topping) (BB=desired amount)] 7 didl [(BB=1t)] 8 basil [(ST=.25C)] 8 basil [(ST=.25C)] 9 didl [(BB=1t)] 1 bunch of snow pea pods [(MS=1C)] 9 drown mushrooms [(MS=4 oz.)] 4 Apple [(TAS=.5)] DRY/CANNED/JARRED GOODS 4 Hemp Seeds [(BB=.5C)] 9 Slivered Almonds [(ST=1C)] 9 Apple Cider Vinegar [(BB=1T)] 9 Rice Vinegar [(MS=1T)] 9 Cordinatoes [(ST=6)] 1 Mediterranean Organic Sundried Roman Tomatoes 1 Chili Garlis Sauce [(MS=1)] 1 - 15 oz. cans black beans [(MSP=2T)] 1 - 15 oz. cans thickpeas [(MSP=1)] 1 - 15 oz. cans thickpeas [(MSP=2T)] 1 - 15 oz. cans thickpeas ((MSP=1)] 5 slas [(BB=desired amount)] 5 carrots [(MSP=25t)] 5 capper [(MSP=25t)] 5 carrots [(MSP=25t)] 5 capper [(MSP=25t)]				Vegetable broth [(MSP=.5C) (MS=.5C) (ST=.25C)
2 red bell peppers [(MSP=1) (MS=1) (BB=desired amount)]				
amount)] carrots [(MSP=1) (MS=1) (TAS=2)] salad greens of choice [(BB=desired amount)] baby spinach [(MSP=2C) (ST=1C)] lemons [(MSP=2C) (ST=1C)] lemons [(MSP=2T) (ST=1T) (BB=.5)]				✓ Pacific Organic Vegetable Stock – Low Sodium
salad greens of choice [(BB=desired amount)] baby spinach [(MSP=2C) (ST=1C)] lemons [(MSP=1t) (ST=1t) (BB=.5)] sweet potatoes [(MSP=amount of choice)] acorn squash [(TAS=1)] Unsweetened Plain Plant Vogurt [(MSP=.5C)] white Miso [(MSP=2t)] Visweetened Plain Plant Milk [(ST=.5C)] White Miso [(MSP=2t)] √ Miso Master Organic Mellow White Red Miso [(MSP=2t)] √ Miso Master Organic Mellow White Red Miso [(MSP=2t)] √ Miso Master Organic Red Miso Miso Master Organic Red Miso Master Organic Red Miso Miso Misor				
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lemons [(MSP=1t) (ST=1t) (BB=.5)]				
sweet potatoes [(MSP=amount of choice)] acorn squash [(TAS=1)] avocados [(BB=desired amount)] basil [(ST=.25C)] dill [(BB=1t)] bunch of snow pea pods [(MS=2C)] Button mushrooms [(MS=4 oz.)] Apple [(TAS=.5)] PRY/CANNED/JARRED GOODS Hemp Seeds [(BB=.SC)] Slivered Almonds [(ST=1C)] Rice Vinegar [(BB=1T)] Rice Vinegar [(MS=1T)] Sundried Tomatoes [(MS=1)] Aug Food (MS=1)] Aug Food (MS=1) Aug Food (M		baby spinach [(MSP=2C) (ST=1C)]		
acorn squash [(TAS=1)] avocados [(BB=desired amount)] cilantro [(MSP=optional topping) (BB=desired amount)] basil [(ST=.25C)] dill [(BB=1t)] 1 bunch of snow pea pods [(MS=1C)] Greens Blend or Napa Cabbage [(MS=2C)] Button mushrooms [(MS=4 oz.)] Apple [(TAS=.5)] FROZEN Frozen Edamame [(MS=1C)] Frozen Corn [(BB=desired amount)] SPICES USED: Garlic Powder [(MSP=1.75t) (ST=1t) (TAS=.5t)] Apple Cider Vinegar [(BB=1T)] Rice Vinegar [(MS=1T)] Sundried Tomatoes [(ST=6)] Mediterranean Organic Sundried Roman Tomatoes Chili Garlic Sauce [(MS=1)] Huy Fong Chili Garlic Sauce 1 - 6 oz. can tomato paste [(MSP=2T)] 1 - 15 oz. cans black beans [(BB=desired amount)] Salsa [(BB=desired amount)] Salsa [(BB=desired amount)] Unsweetened Plain Plant Milk [(ST=.5C)] White Miso [(MSP=2t)] White Miso [(MSP=2t)] Miso Master Organic Mellow White Red Miso [(MSP=2t)] Miso Master Organic Mellow White Red Miso [(MSP=1.75t) (ST=1t)] Frozen Corn [(BB=desired amount)] SPICES USED: Garlic Powder [(MSP=1.75t) (ST=1t) (TAS=.5t)] Dnied Minced Onion Flakes [(MSP=1.5t) (TAS=.5t)] Dried Minced Onion Flakes [(MSP=1T)] Sweet Paprika [(MSP=.25t)] Sweet Paprika [(MSP=.25t)] Coriander [(MSP=.25t)] Coriander [(MSP=pinch)] Coriander [(MSP=pinch)] Cayenne Pepper [(MSP=.25t)] Sea Salt Black Pepper		lemons [(MSP=1t) (ST=1t) (BB=.5)]	REFRIC	GERATED
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cilantro [(MSP=optional topping) (BB=desired amount)] basil [(ST=.25C)] dill [(BB=1t)] 1 bunch of snow pea pods [(MS=1C)] Greens Blend or Napa Cabbage [(MS=2C)] Button mushrooms [(MS=4 oz.)] Apple [(TAS=.5)] PROZEN FROZEN Frozen Edamame [(MS=1C)] Frozen Corn [(BB=desired amount)] Spicered Almonds [(ST=1C)] Apple Cider Vinegar [(BB=1T)] Rice Vinegar [(MS=1T)] Sundried Tomatoes [(MS=1)] ✓ Huy Fong Chili Garlic Sauce 1 − 6 oz. can tomato paste [(MSP=1)] 1 − 15 oz. cans chickpeas [(MSP=1)] Salsa [(BB=desired amount)] Salsa [(BB=desired amount)] Salsa [(BB=desired amount)] Smid Master Organic Mellow White Red Miso [(MS=2T)] ✓ Miso Master Organic Red Miso Master Organic Red Miso Miso Master Organic Red Alice (Miso [(MS=2T)]) ✓ Miso Master Organic Red Spices UseD: Frozen Edamame [(MS=1C)] Frozen Corn [(BB=desired amount)] Garlic Powder [(MSP=1.75t) (ST=1t) (TAS=.5t)] Onion Powder [(MSP=1.75t) (ST=1t) (TAS=.5t)] Dried Minced Onion Flakes [(MSP=1T)] (MS=1T)] Sweet Paprika [(MSP=.25t)] Smoked Paprika [(MSP=.25t)] Chili Powder [(MSP=pinch)] Chili Powder [(MSP=.5t)] Cayenne Pepper [(MSP=.25t)] Sea Salt Black Pepper		acorn squash [(TAS=1)]		Unsweetened Plain Plant Milk [(ST=.5C)]
basil [(ST=.25C)] dill [(BB=1t)]		avocados [(BB=desired amount)]		White Miso [(MSP=2t)]
dill [(BB-1t)]		cilantro [(MSP=optional topping) (BB=desired amount)]		✓ Miso Master Organic Mellow White
1 bunch of snow pea pods [(MS=1C)]		basil [(ST=.25C)]		
Greens Blend or Napa Cabbage [(MS=2C)] Button mushrooms [(MS=4 oz.)] Apple [(TAS=.5)] FROZEN Frozen Edamame [(MS=1C)] Frozen Corn [(BB=desired amount)] SPICES USED: Garlic Powder [(MSP=1.75t) (ST=1t) (TAS=.5t)] Apple Cider Vinegar [(BB=1T)] Rice Vinegar [(MS=1T)] Sundried Tomatoes [(ST=6)] Whediterranean Organic Sundried Roman Tomatoes Chili Garlic Sauce [(MS=1)] Why Fong Chili Garlic Sauce 1 - 6 02. can tomato paste [(MSP=2T)] 1 - 15 oz. cans black beans [(BB=desired amount)] Salsa [(BB=desired amount)]		dill [(BB=1t)]		✓ Miso Master Organic Red
Greens Blend or Napa Cabbage [(MS=2C)] Button mushrooms [(MS=4 oz.)] Apple [(TAS=.5)] FROZEN Frozen Edamame [(MS=1C)] Frozen Corn [(BB=desired amount)] SPICES USED: Garlic Powder [(MSP=1.75t) (ST=1t) (TAS=.5t)] Apple Cider Vinegar [(BE=1T)] Rice Vinegar [(MS=1T)] Sundried Tomatoes [(ST=6)] Mediterranean Organic Sundried Roman Tomatoes Chili Garlic Sauce [(MS=1)] Huy Fong Chili Garlic Sauce 1 - 6 oz. can tomato paste [(MSP=2T)] 1 - 15 oz. cans black beans [(BB=desired amount)] Salsa [(BB=desired amount)]		1 bunch of snow pea pods [(MS=1C)]		
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Frozen Edamame [(MS=1C)] Frozen Corn [(BB=desired amount)]			FROZE	
DRY/CANNED/JARRED GOODS ☐ Hemp Seeds [(BB=.5C)] ☐ Slivered Almonds [(ST=1C)] ☐ Apple Cider Vinegar [(BB=1T)] ☐ Rice Vinegar [(MS=1T)] ☐ Sundried Tomatoes [(ST=6)] ✓ Mediterranean Organic Sundried Roman Tomatoes ☐ Chili Garlic Sauce [(MS=1)] ☐ Hy Fong Chili Garlic Sauce ☐ 1 - 6 oz. can tomato paste [(MSP=2T)] ☐ 1 - 15 oz. cans black beans [(BB=desired amount)] ☐ Salsa [(BB=desired amount)] ☐ SPICES USED: ☐ Garlic Powder [(MSP=1.75t) (ST=1t) (TAS=.5t)] ☐ Onion Powder [(MSP=.1.5t) (ST=.5t) (TAS=.5t)] ☐ Dried Minced Onion Flakes [(MSP=1T)] ☐ Ground Ginger [(TAS=1t)] ☐ Sweet Paprika [(MSP=.25t)] ☐ Smoked Paprika [(MSP=.25t)] ☐ Turmeric [(MSP=pinch) (TAS=1t)] ☐ Chili Powder [(MSP=.5t)] ☐ Cayenne Pepper [(MSP=.25t)] ☐ Sea Salt ☐ Black Pepper				
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DRY/CANNED/JARRED GOODS Hemp Seeds [(BB=.5C)]				
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 □ Slivered Almonds [(ST=1C)] □ Apple Cider Vinegar [(BB=1T)] □ Rice Vinegar [(MS=1T)] □ Sundried Tomatoes [(ST=6)] □ Wediterranean Organic Sundried Roman	DRY/C/	-	_	
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 ✓ Mediterranean Organic Sundried Roman		3 1, 7		
Tomatoes Chili Garlic Sauce [(MS=1)]		-		, -, -,
Chili Garlic Sauce [(MS=1)] ✓ Huy Fong Chili Garlic Sauce □ 1 – 6 oz. can tomato paste [(MSP=2T)] □ 1 – 15 oz. cans chickpeas [(MSP=1)] □ 1 – 15 oz. cans black beans [(BB=desired amount)] □ Salsa [(BB=desired amount)] □ Black Pepper				
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□ 1 − 15 oz. cans chickpeas [(MSP=1)] □ Cayenne Pepper [(MSP=.25t)] □ 1 − 15 oz. cans black beans [(BB=desired amount)] □ Sea Salt □ Salsa [(BB=desired amount)] □ Black Pepper				
□ 1 – 15 oz. cans black beans [(BB=desired amount)] □ Sea Salt □ Salsa [(BB=desired amount)] □ Black Pepper	_			
☐ Salsa [(BB=desired amount)] ☐ Black Pepper				
Salsa (188 desired amount)	_			
		Brown Rice [(BB=desired amount)]		
□ Tahini [(MSP=2t)]				
□ Organic Maple Syrup [(MS=.5t)]	_			
☐ Agave nectar [(BB=1t)]	_			
☐ Agave nectal [(BB=1t)] ☐ 1 lb. pasta of choice [(ST=1)] MISC:			MISC:	
□ Asian Noodles of choice [(MS= 8oz.)]			_	
□ 1 − 15 oz. can unsweetened coconut milk [(TAS=1)]	_			
Hot Sauce [(BB=desired amount)]				
Recipe Code: Moroccan Spiced Chickpeas and Garlic Sauce (MSP), Vegan Veggie Miso Soup (MS),	De alica		CD) 1/	Nazzia Misa Carra (MC)

Fast and Easy Sundried Tomato Basil Sauce (ST), Cleansing Turmeric Acorn Squash Soup (TAS), Easy Burrito Bowl (BB)