



BREAKFAST IDEAS

- Maple Berry Parfait
- GF English Muffins w/ PB & J
- _____
- _____
- _____

LUNCH IDEAS

- Salsa Veggie Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Confetti Cornmeal Cakes
- Greek Potato Salad Bowl
- Spicy Peanut Dressing
- Rustic & Spicy Cauliflower Soup
- Vegan "Tuna" Noodle Casserole
- _____
- _____

SNACKS IDEAS

- Peach Pie Tortilla Rolls
- Fruit 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:
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 #57 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(N=2t)]
- ☐ Medium Red Onions [(G)]
- ☐ Small Red Onions [(CC=3T)]
- ☐ Medium Yellow Onions [(R=1) (N=1)]
- ☐ Red Bell Peppers [(CC=.25C) (P)]
- ☐ Jalapeno Peppers [(CC=2T)]
- ☐ Carrots [(P) (R=1) (N=1)]
- ☐ Celery Ribs [(R=1) (N=2)]
- ☐ Cherry Tomatoes [(G)]
- ☐ Red Baby Potatoes [(G=1.5 lbs.)]
- ☐ Mini-English Cucumbers [(G) (P)]
- ☐ Radishes [(G) (P)]
- ☐ Snow Pea Pods [(P)]
- ☐ Salad Greens of Choice [(G)]
- ☐ Small Zucchini [(P)]
- ☐ White Button Mushrooms [(N=8oz.)]
- ☐ Flat Leaf Parsley [(G=.25C)]
- ☐ Large Cauliflower [(R=1)]
- ☐ Lemons [(G=1t)]
- ☐ Limes [(P=1T)]
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Cashews (raw) [(N=.25C)]
- ☐ Peanuts [(P)]
- ☐ Sesame Seeds [(P)]
- ☐ Red Wine Vinegar [(G=3T)]
- ☐ Rice Vinegar [(P=3T)]
- ☐ Apple Cider Vinegar [(CC=.25t)]
- ☐ 15 oz. can Chickpeas [(G)]
- ☐ 15 oz. can Black Beans [(CC=.25C)]
- ☐ Nutritional Yeast [(R=1t)]
- ☐ Brown Rice Flour [(CC=2T)]
- ☐ Flour/Thickener of Choice [(N=1T)]
- ☐ WFPB Bread Crumbs [(N=2T)]
- ☐ Baking Powder [(CC=2t)]
- ☐ Baking Soda [(CC=.25t)]
- ☐ Flax Meal [(CC=1T)]
- ☐ Cornmeal [(CC=1C)]
- ☐ Tahini [(CC=1t) (G=1t) (P=1t)]
- ☐ Organic Maple Syrup [(CC=2t) (P=1T)]
- ☐ Unsweetened Unsalted Peanut Butter [(P=.33C)]
- ☐ Greek Olives [(G)]
- ☐ Pasta of choice [(N= 9oz.)]
- ☐ Brown Rice Noodles - *Fast cooking* [(P)]
- ☐ Tamari [(P=2T) (N=1t)]
- ✓ **San J Gluten Free Low Sodium**

- ☐ Vegetable broth [(R=1C) (N=1C+1T)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(CC=2T+1t) (R=2C) (N=1C)]
- ☐ Miso [(G=2t) (P=1t)]
- ✓ **Miso Master Organic Mellow White**
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ Frozen Corn [(CC=1C+.25C)]
- ☐ Frozen White Pearl Onions [(R)]
- ☐ 16 oz. bag Frozen Classic Mixed Vegetables [(N=1)]
- ☐ 14 oz. bag Frozen Broccoli and Cauliflower Florets Mix [(N=1)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Cayenne Pepper [(R=dash)]
- ☐ Chili Powder [(CC=2t)]
- ☐ Chipotle Powder [(CC=pinch) (P=.5t)]
- ☐ Cumin [(CC=.25t)]
- ☐ Garlic Powder [(CC=1t) (G=.5t) (P=.5t) (R=.5t) (N=1.25t)]
- ☐ Onion Powder [(CC=1t) (G=.25t) (P=.25t) (N=1t)]
- ☐ Dried Minced Onion Flakes [(CC=2T)]
- ☐ Dried Parsley [(N=.5t)]
- ☐ Freeze Dried Shallots (or fresh) [(R=1T) (N=1T)]
- ☐ Smoked Paprika [(CC=1t) (R=1t)]
- ☐ Sweet Paprika [(R) (N=.25t)]
- ☐ Dried Thyme Leaves [(N=.25t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ _____
- ☐ _____

MISC:

- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Confetti Cornmeal Cakes (CC), Greek Potato Salad Bowl (G), Spicy Peanut Dressing Bowl (P), Rustic and Spicy Cauliflower Soup (R), Vegan “Tuna” Noodle Casserole (N)