



BREAKFAST IDEAS

- Hummingbird Breakfast Cookies
- Plant Yogurt and Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Greek Chickpea Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Lemony Pasta w/ Greens & Beans
- Oil Free Gazpacho
- Strawberry Vinaigrette Salad
- Mini Roasted Pepper Veggie Loaves
- Asian Rainbow Chickpea Tacos
- _____
- _____

SNACKS IDEAS

- Vegan Peanut Butter Pie
- 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 #63 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(L=1T) (A=1T)]
- Large Red Onions [(B=1)]
- Small Red Onions [(A=1)]
- Green Onions [(G=1T) (A)]
- Red Bell Peppers [(G=1.25C) (A=1)]
- Carrots [(A=1)]
- Celery [(R=2)]
- Campari Tomatoes [(G=2 lbs.)]
- Mini-English Cucumbers [(G=2) (B=2)]
- Salad Greens of Choice [(B)]
- Collard Greens [(L=4C)]
- Tuscan Kale [(A=2C)]
- Brussel Sprouts [(B=10 oz.)]
- Avocados [(G)]
- Cilantro [(G) (A)]
- Flat Leaf Parsley [(L)]
- Strawberries [(B=2C)]
- Blueberries [(B=.5C)]
- Lemons [(L=.25C) (G=.5t) (B=1t)]
- Limes [(A=1t)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Pepitas [(B=2T)]
- Hemp Seeds [(B=2T)]
- Toasted Sesame Seeds [(A=1T)]
- Dried Cranberries [(B=2T)]
- Sundried Tomato Halves-Oil Free [(R=4)]
- Medjool Dates [(R=4)]
- Roasted Red Peppers-Oil Free [(R=.5C)]
- Pecans [(B)]
- Unsweetened Almond Butter [(B=1t)]
- Rice Vinegar [(A=1T)]
- Mirin [(A=1T)]
- Sherry Vinegar [(G=1T+1t)]
- White Balsamic Vinegar [(B=1T)]
- Tomato Paste [(R=2T)]
- 15 oz. can Cannellini Beans [(L=1) (R=1)]
- 15 oz. can Chickpeas [(R=1) (A=1)]
- Corn [(G=.25C)]
- Nutritional Yeast [(L=3T)]
- Cornstarch [(A=1t)]
- Baking Soda [(L=pinch)]
- Ketchup [(R)]
- Organic Maple Syrup [(A=2T)]
- Ziti Pasta [(L=10 oz.)]

- Panko Bread Crumbs [(R=1C)]
- Chili Garlic Sauce [(A=.5t)]
- ✓ **Huy Fong Chili Garlic Sauce**
- Hot Sauce [(G=.5t)]
- ✓ **Franks RedHot Sauce**
- Tamari [(R=2T) (A=3T)]
- ✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(L=.25C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- Miso [(L=1T) (B=2t) (R=1T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____

SPICES USED:

- Cayenne Pepper [(G=pinch)]
- Garlic Powder [(L=1t) (G=.75t) (B=.5t) (R=1t) (A=.5t)]
- Italian Seasoning [(R=2t)]
- Onion Powder [(L=.5t) (G=.75t) (R=1t) (A=.5t)]
- Dried Minced Onion Flakes [(R=2T)]
- Dried Parsley [(R=1t)]
- Sweet Paprika [(R=.5t)]
- Red Pepper Flake [(L=.5t)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- Taco Shells (of choice) [(A)]
- _____
- _____
- _____
- _____

Recipe Code: Lemony Pasta with Greens and Beans (L), Roasted Brussel Sprout Salad with Strawberry Vinaigrette (B), Oil Free Gazpacho (G), Mini Roasted Red Pepper Veggie Loaves (R), Asian Rainbow Chickpea Tacos (A)