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- Cornmeal Biscuit w/ PB & J
- Sweet Potato Toast w/ Hummus

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Dinner Leftovers

LUNCH IDEAS

Vegan Curried Chickpea Salad

SNACKS IDEAS

DINNER IDEAS

- Tex-Mex Pasta Salad
- Southern Collard Green Potato Stew
- Vegan Cauliflower Migas
- Red Pepper Vinaigrette Bowl
- Vegan Veggie Bean Cassoulet

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- Red Pepper Walnut Dip
- 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.

<u>Example Shopping Item:</u> celery stalks [(SCG=2) (AVS=1)]

 This allows you to easily and quickly subtract any recipe you choose not to make.



Red	ivionke	ey & ivie's ivienu #67 Snopping List		www.monkeyandmekitchenadventures.com
Medium Red Onions ([P35C) (M=.5C) (V) Large Yellow Onions ([S-1.33C)]	PRODU	JCE		Baking Soda [(B=pinch)]
Large Yellow Onions [[8-1,33C]		Garlic [(S=1T) (M=1t) (B=1T)]		Tahini [(P=2t) (V=1.5t)]
Medium Yellow Onions [(8=1)]		Medium Red Onions [(P=.75C) (M=.5C) (V)]		Liquid Smoke [(S=1.5t) (B=1.5t)]
Green Bell Peppers ((S=1C))		Large Yellow Onions [(S=1.33C)]		Organic Maple Syrup [(P=3t) (V=2t) (B=1T)]
Red Bell Peppers [(M+1C)		Medium Yellow Onions [(B=1)]		12 oz. Tri-Colored Fusilli Pasta [(P=1)]
Jalapeno Peppers (M=1)		Green Bell Peppers [(S=1C)]		Salsa (of choice) [(M=.5C)]
Yellow Beets [(V)]		Red Bell Peppers [(M=1C)]		Hot Sauce [(S=2T)]
Carrots ((8=.75C))		Jalapeno Peppers [(M=1)]		✓ Frank's RedHot Sauce
Celery ([S=.5C) (B=.75C)		Yellow Beets [(V)]		Tamari [(P=2t) (M=1T) (B=1T)]
Cherry Tomatoes ((M) (V))		Carrots [(B=.75C)]		✓ San J Gluten Free Low Sodium
Cherry Tomatoes [(M) (V)]		Celery [(S=.5C) (B=.75C)]		Vegetable broth [(S=1C) (M=2T) (B=1C)]
Red Skinned Potatoes [(S=4C)]		Cherry Tomatoes [(M) (V)]		✓ Pacific Organic Vegetable Stock – Low Sodium
Mini-English Cucumbers [(V)] Radishes ((V)] Salad Greens of Choice [(V)] Collard Greens [(S=8C)] Small Zucchini [(V) (B=1)] Avocados [(P=optional) (M)] Cilantro [(P=optional) (M)] Flat Leaf Parsley ([S=optional)] Cauliflower [(M=3C)] Limes [(P=1T)] Pepitas [(V)] Hemp Seeds [(V)] Unsalted Almond Butter [(B=1T)] Red Wine Vinegar [(P=2T)] Ume Plum Vinegar [(P=2T)] Ume Plum Vinegar [(P=2T)] Ume Plum Vinegar [(P=2T)] Tomato Sauce [(P=.25C+1T)] Apple Cider Vinegar (S=optional) (V=.25C) (B=.5t)] Tomato Sauce [(P=.25C+1T)] 15.5 oz. can Potte Diced Tomatoes [(S=1)] 15.5 oz. can Radis Beans ([P=1]) 15.5 oz. can Radis Beans ([P=1]) 15.5 oz. can Radis Beans ([P=1]) 15.5 oz. can Black-eyed Peas [(S=1)] Ninso ((P=1t) (Is=1.5t) (M=1t) (V=1t) (B=1t)) Dried Crushed Thyme Leaves [(S=1.5t) (M=5t)] Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] Turmeric [(M=pinch)] Sea Salt Black Pepper		Grape Tomatoes [(P=1 pint)]		
Radishes [(V)] REFRIGERATED		Red Skinned Potatoes [(S=4C)]		
Salad Greens of Choice [(V)]		Mini-English Cucumbers [(V)]		
Collard Greens [(S=8C)]		Radishes [(V)]	REFRIC	GERATED
Small Zucchini ((V) (B=1)		Salad Greens of Choice [(V)]		Unsweetened Plain Plant Milk [(B=2T)]
Small Squash [(B=1)]		Collard Greens [(S=8C)]		Unsweetened Plain Plant Yogurt [(B=2T)]
Avocados [(P=optional) (M)]		Small Zucchini [(V) (B=1)]		Miso [(P=1t optional) (V=2t) (B=1t)]
Avocados [(P=optional) (M)] Cilantro [(P=optional) (M)] FROZEN Cauliflower [(M=3C)] Limes [(P=1T)] SPICES USED: Bay Leaves [(S=2) (B=1)] Cayenne Pepper [(S=.25t)] Celery Seed [(V=pinch – optional)] Pepitas [(V)] Hemp Seeds [(V)] Unsalted Almond Butter [(B=1T)] Red Wine Vinegar [(P=2T)] White Distilled Vinegar [(P=2T)] Ume Plum Vinegar [(P=2T)] Roasted Red Peppers [(V=.5C)] Roasted Red Peppers [(V=.5C)] Tomato Sauce [(P=.25C+1T)] Soz. can Petite Diced Tomatoes [(S=1)] 15.5 oz. can Cannellini Beans ((B=1)] 15.5 oz. can Black Beans [(P=1)] Nutritional Yeast [(M=1T)] Almond Flour [(B=1T)] Misc: Corn Tortillas (of choice) [(M=5)]		Small Squash [(B=1)]		✓ Miso Master Organic Mellow White
Cilantro [(P=optional) (M)]				
Flat Leaf Parsley [(S=optional)]				
Cauliflower [(M=3C)]			FROZE	N
Limes [(P=1T)]				
SPICES USED: Bay Leaves [(S=2) (B=1)] Cayenne Pepper [(S=.25t)] Celery Seed [(V=pinch – optional)] Cayenne Pepper [(S=.25t)] Celery Seed [(V=1.5t)] Cayenne Pepper [(S=.25t)] Cayenne Pepper [(S=.25t)] Celery Seed [(V=1.5t)] Cayenne Pepper [(S=.25t)] Cayenane Pepper [(S=.25t)] Cayenane Pepper [(S=.25t)] Cayende Rosenary [(S=.				
Bay Leaves [(S=2) (B=1)] DRY/CANNED/JARRED GOODS Cayenne Pepper [(S=.25t)] Black Olives [(P=.5C optional)] Celery Seed [(V=pinch – optional)] Pepitas [(V)] Chili Powder [(P=1.5t)] Unsalted Almond Butter [(B=1T)] Cayenne Pepper [(S=.25t)] Unsalted Almond Butter [(B=1T)] Cumin [(M=.25t)] Red Wine Vinegar [(P=2T)] Dried Dill Weed [(S=.25t)] White Distilled Vinegar [(P=2T)] Onion Powder [(P=1t) (S=1.25t) (M=1t) (V=1t) (B=1t)] Ume Plum Vinegar [(V=1t)] Dried Minced Onion Flakes [(S=2T) (M=1t) (V=1t) (B=1t)] Apple Cider Vinegar [(S=optional) (V=.25C) (B=.5t)] Dried Oregano [(S=1t)] Roasted Red Peppers [(V=.5C)] Dried Parsley [(B=1t)] Smoked Paprika [(P=1.5t) (S=1.5t) (M=.5t)] Sweet Paprika [(P=1.5t) (S=1.5t) (M=.5t)] Smoked Paprika [(P=.5t) (S=.5t)] Dried Crushed Rosemary [(B=pinch)] Dried Crushed Rosemary [(B=pinch)] Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] Turmeric [(M=pinch)] Sea Salt Black Pepper Corn Tortillas (of choice) [(M=5)] Almond Flour [(B=1T)] Corn Tortillas (of choice) [(M=5)]				
Cayenne Pepper [(S=.25t)] Black Olives [(P=.5C optional)] Celery Seed [(V=pinch – optional)] Pepitas [(V)] Chili Powder [(P=1.5t)] Hemp Seeds [(V)] Dried Dill Weed [(S=.25t)] Unsalted Almond Butter [(B=1T)] Garlic Powder [(P=1t) (S=1.25t) (M=1t) (V=1t) (B=1t)] White Distilled Vinegar [(P=2T)] Onion Powder [(P=1t) (S=1.25t) (M=1t) (V=1t) (B=1t)] Ume Plum Vinegar [(V=1t)] Dried Minced Onion Flakes [(S=2T) (M=1T) (B=2T)] Apple Cider Vinegar [(S=optional) (V=.25C) (B=.5t)] Dried Organo [(S=1t)] Roasted Red Peppers [(V=.5C)] Dried Parsley [(B=1t)] 14.5 oz. can Petite Diced Tomatoes [(S=1)] Dried Crushed Rosemary [(B=pinch)] 15.5 oz. can Cannellini Beans [(B=1)] Dried Crushed Rosemary [(B=pinch)] 15.5 oz. can Chickpeas [(V=optional)] Sea Salt 15.5 oz. can Black Beans [(P=1)] Black Pepper 15.5 oz. can Black-eyed Peas [(S=1)] Black Pepper Nutritional Yeast [(M=1T)] MISC: Almond Flour [(B=1T)] Corn Tortillas (of choice) [(M=5)]			_	
Black Olives [(P=.5C optional)] Celery Seed [(V=pinch – optional)] Pepitas [(V)] Chili Powder [(P=1.5t)] Hemp Seeds [(V)] Dried Dill Weed [(S=.25t)] Red Wine Vinegar [(P=2T)] Garlic Powder [(P=1t) (S=1.25t) (M=1t) (V=1t) (B=1t)] White Distilled Vinegar [(P=2T)] Dried Minced Onion Flakes [(S=2T) (M=1t) (V=1t) (B=1t)] Apple Cider Vinegar [(S=optional) (V=.25C) (B=.5t)] Dried Oregano [(S=1t)] Roasted Red Peppers [(V=.5C)] Dried Parsley [(B=1t)] Tomato Sauce [(P=.25C+1T)] Smoked Paprika [(P=1.5t) (S=1.5t) (M=.5t)] 14.5 oz. can Fire Roasted Corn [(P=1)] Dried Crushed Rosemary [(B=pinch)] 15.5 oz. can Cannellini Beans [(B=1)] Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] 15.5 oz. can Black Beans [(P=1)] Black Pepper 15.5 oz. can Black Beans [(P=1)] Black Pepper 15.5 oz. can Black Beans [(M=1T)] MISC: Almond Flour [(B=1T)] Corn Tortillas (of choice) [(M=5)]				
Pepitas [(V)]	DRY/C	ANNED/JARRED GOODS	_	
Hemp Seeds [(V)]		Black Olives [(P=.5C optional)]		
□ Unsalted Almond Butter [(B=1T)] □ Dried Dill Weed [(S=.25t)] □ Red Wine Vinegar [(P=2T)] □ Garlic Powder [(P=1t) (S=1.25t) (M=1t) (V=1t) (B=1t)] □ White Distilled Vinegar [(V=2T)] □ Onion Powder [(P=1t) (S=1.25t) (M=1t) (V=1t) (B=1t)] □ Ume Plum Vinegar [(V=1t)] □ Dried Minced Onion Flakes [(S=2T) (M=1T) (B=2T)] □ Dried Oregano [(S=1t)] □ Dried Oregano [(S=1t)] □ Dried Parsley [(B=1t)] □ Dried Parsley [(B=1t)] □ Dried Parsley [(B=1t)] □ Dried Crushed Rosemary [(B=1t)] □ Dried Crushed Rosemary [(B=pinch)] □ Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] □ Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] □ Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] □ Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] □ Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] □ Dried Crushed Rosemary [(B=pinch)] □ Dried Crushed Rosemary [(B=pin		Pepitas [(V)]		
Red Wine Vinegar [(P=2T)]		Hemp Seeds [(V)]		
 White Distilled Vinegar [(P=2T)] Ume Plum Vinegar [(V=1t)] Apple Cider Vinegar [(S=optional) (V=.25C) (B=.5t)] Roasted Red Peppers [(V=.5C)] Tomato Sauce [(P=.25C+1T)] 14.5 oz. can Petite Diced Tomatoes [(S=1)] 15 oz. can Fire Roasted Corn [(P=1)] 15.5 oz. can Navy Beans [(B=1)] 15 oz. can Chickpeas [(V=optional)] 15.5 oz. can Black Beans [(P=1)] 15.5 oz. can Black-eyed Peas [(S=1)] Nutritional Yeast [(M=1T)] Almond Flour [(B=.5C)] Onion Powder [(P=1t) (S=1.25t) (M=1t) (V=1t) (B=1t)] Dried Minced Onion Flakes [(S=2T) (M=1T) (B=2T)] Dried Oregano [(S=1t)] Dried Parsley [(B=1t)] Smoked Paprika [(P=1.5t) (S=1.5t) (M=.5t)] Sweet Paprika [(P=.5t) (S=.5t)] Dried Crushed Rosemary [(B=pinch)] Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] Turmeric [(M=pinch)] Black Pepper MISC: Corn Tortillas (of choice) [(M=5)] 		Unsalted Almond Butter [(B=1T)]	_	
Ume Plum Vinegar [(V=1t)] Apple Cider Vinegar [(S=optional) (V=.25C) (B=.5t)] Roasted Red Peppers [(V=.5C)] Tomato Sauce [(P=.25C+1T)] 14.5 oz. can Petite Diced Tomatoes [(S=1)] 15 oz. can Fire Roasted Corn [(P=1)] 15.5 oz. can Cannellini Beans [(B=1)] 15.5 oz. can Navy Beans [(B=1)] 15.5 oz. can Chickpeas [(V=optional)] 15.5 oz. can Black Beans [(P=1)] 15.5 oz. can Black Beans [(P=1)] 15.5 oz. can Black Beans [(P=1)] 15.5 oz. can Black Beans [(M=1T)] Mutritional Yeast [(M=1T)] Almond Flour [(B=1T)] Dried Minced Onion Flakes [(S=2T) (M=1T) (B=2T)] Dried Oregano [(S=1t)] Smoked Paprika [(P=1.5t) (S=1.5t) (M=.5t)] Dried Oregano [(S=1t)] Smoked Paprika [(P=1.5t) (S=1.5t) (M=.5t)] Dried Oregano [(S=1t)] Smoked Paprika [(P=1.5t) (S=1.5t) (M=.5t)] Dried Oregano [(S=1t)] Dried Oregano [(S=1t)] Smoked Paprika [(P=1.5t) (S=1.5t) (M=.5t)] Dried Oregano [(S=1t)] Dried Oregano [(S=1t)] Smoked Paprika [(P=1.5t) (S=1.5t) (M=.5t)] Dried Oregano [(S=1t)] Dried Oregano [(S=1t)] Smoked Paprika [(P=1.5t) (S=1.5t) (M=.5t)] Dried Oregano [(S=1t)] Dried Oregano [(S=1t)] Dried Oregano [(S=1t)] Smoked Paprika [(P=1.5t) (S=1.5t) (M=.5t)] Dried Oregano [(S=1t)] Dried Oregano [(Red Wine Vinegar [(P=2T)]		
Apple Cider Vinegar [(S=optional) (V=.25C) (B=.5t)]		White Distilled Vinegar [(P=2T)]	_	
Roasted Red Peppers [(V=.5C)]		Ume Plum Vinegar [(V=1t)]		
Tomato Sauce [(P=.25C+1T)] 14.5 oz. can Petite Diced Tomatoes [(S=1)] 15 oz. can Fire Roasted Corn [(P=1)] 15.5 oz. can Cannellini Beans [(B=1)] 15.5 oz. can Navy Beans [(B=1)] 15.5 oz. can Chickpeas [(V=optional)] 15.5 oz. can Black Beans [(P=1)] 15.5 oz. can Black-eyed Peas [(S=1)] Nutritional Yeast [(M=1T)] MISC: Corn Tortillas (of choice) [(M=5)]		Apple Cider Vinegar [(S=optional) (V=.25C) (B=.5t)]		
Sweet Paprika [(P=.5t) (S=.5t)] Sweet Paprika [(P=.5t) (S=.5t)] Dried Crushed Rosemary [(B=pinch)] Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] Turmeric [(M=pinch)] Sea Salt Black Pepper S.5 oz. can Black Beans [(P=1)] Black Pepper Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] Dried Crushed Rosemary [(B=pinch)] Dried Crushed Rosemary [(B=nch)] D		Roasted Red Peppers [(V=.5C)]	_	
Dried Crushed Rosemary [(B=pinch)] 15 oz. can Fire Roasted Corn [(P=1)] 15.5 oz. can Cannellini Beans [(B=1)] 15.5 oz. can Navy Beans [(B=1)] 15 oz. can Chickpeas [(V=optional)] 15 oz. can Black Beans [(P=1)] 15.5 oz. can Black-eyed Peas [(S=1)] Nutritional Yeast [(M=1T)] Almond Flour [(B=1T)] Dried Crushed Rosemary [(B=pinch)] Dried Crushed Rosemary [(B=pinch)] Dried Crushed Rosemary [(B=pinch)] Black Pepper		Tomato Sauce [(P=.25C+1T)]	_	
Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)] 15.5 oz. can Navy Beans [(B=1)] 15.5 oz. can Chickpeas [(V=optional)] 15.5 oz. can Black Beans [(P=1)] 15.5 oz. can Black-eyed Peas [(S=1)] Nutritional Yeast [(M=1T)] Cornmeal [(B=.5C)] Almond Flour [(B=1T)]		14.5 oz. can Petite Diced Tomatoes [(S=1)]		
Turmeric [(M=pinch)] 15.5 oz. can Navy Beans [(B=1)] 15 oz. can Chickpeas [(V=optional)] 15.5 oz. can Black Beans [(P=1)] 15.5 oz. can Black-eyed Peas [(S=1)] Nutritional Yeast [(M=1T)] Cornmeal [(B=.5C)] Almond Flour [(B=1T)] Turmeric [(M=pinch)] Black Pepper MISC: Corn Tortillas (of choice) [(M=5)]		15 oz. can Fire Roasted Corn [(P=1)]	_	
Sea Salt		15.5 oz. can Cannellini Beans [(B=1)]		
15.5 oz. can Black Beans [(P=1)]		15.5 oz. can Navy Beans [(B=1)]		
15.5 oz. can Black-eyed Peas [(S=1)] Nutritional Yeast [(M=1T)] Cornmeal [(B=.5C)] Almond Flour [(B=1T)] MISC: Corn Tortillas (of choice) [(M=5)]		15 oz. can Chickpeas [(V=optional)]		
Nutritional Yeast [(M=1T)] Cornmeal [(B=.5C)] Almond Flour [(B=1T)] MISC: Corn Tortillas (of choice) [(M=5)]		15.5 oz. can Black Beans [(P=1)]	_	Black Pepper
☐ Cornmeal [(B=.5C)] ☐ MISC: ☐ Almond Flour [(B=1T)] ☐ Corn Tortillas (of choice) [(M=5)]		15.5 oz. can Black-eyed Peas [(S=1)]		
☐ Cornmeal [(B=.5C)] ☐ Almond Flour [(B=1T)] ☐ Corn Tortillas (of choice) [(M=5)]		Nutritional Yeast [(M=1T)]		
Almond Flour [(b=11)]		Cornmeal [(B=.5C)]		
□ Baking Powder [(B=.5t)] □ 		Almond Flour [(B=1T)]	_	Corn Fortillas (of choice) [(M=5)]
		Baking Powder [(B=.5t)]		

Recipe Code: Tex-Mex Pasta Salad (P), Southern Collard Green Potato Stew (S), Vegan Cauliflower Migas (M), Roasted Red Pepper Vinaigrette Bowl (V), Vegan Veggie Bean Cassoulet (B)