



BREAKFAST IDEAS

- Sweet Potato Breakfast Bowls
- GF English Muffin w/ Guac
- _____
- _____
- _____

LUNCH IDEAS

- Mediterranean Quinoa Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan BBQ Chicken Sandwich
- Easy Black Bean Soup
- Creamy Garlic Dressing Bowl
- Vegan Pasta Primavera
- Lebanese Green Beans & Potatoes
- _____
- _____

SNACKS IDEAS

- Chocolate Peanut Butter Cookies
- 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 #100 Shopping List

PRODUCE

- Garlic [(B=2T) (G=1T) (V=2T) (L=2T)]
- Small Red Onions [(G)]
- Large Yellow Onions [(V=1C) (L=1C)]
- Medium Yellow Onions [(B=1)]
- Red Bell Peppers [(B=.25) (G)]
- Carrots [(B=1) (G) (L=1)]
- Celery Ribs [(B=2) (L=2)]
- Grape Tomatoes [(G)]
- Potatoes [(L=4C)]
- Mini-English Cucumbers [(G)]
- Radishes [(G)]
- Salad Greens of Choice [(G)]
- Green Beans [(L=1 lb.)]
- Avocados [(B)]
- Cilantro [(B)]
- Flat Leaf Parsley [(V) (L)]
- Limes [(B=1t)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Hemp Seeds [(G)]
- White Distilled Vinegar [(SS=3T) (G=.5C)]
- Black Olives [(G)]
- Tomato Paste [(SS=2T) (B=1T) (G=2T) (L=2T)]
- Tomato Sauce [(SS=8oz.)]
- Pickle Chips [(P)]
- Canned Artichoke Hearts [(G)]
- 14.5 oz. can Petite Diced Tomatoes [(L=1)]
- 15 oz. can Cannellini Beans [(G=1)]
- 15 oz. can Chickpeas [(P=1)]
- 15 oz. can Black Beans [(B=2)]
- Nutritional Yeast [(P=1T+1t) (V=.25C)]
- Flour (of choice) [(B=1T) (V=2T)]
- Rolled Oats [(P=.5C)]
- Flax Meal [(P=2T)]
- Cornmeal [(P=2t)]
- Cornstarch/Arrowroot Powder [(SS=2t)]
- Baking Soda [(L=.5t)]
- Tahini [(P=1T) (G=.25C)]
- Organic Maple Syrup [(SS=.5C) (G=.25C)]
- Molasses [(SS=3T)]
- Pineapple Juice [(SS=.25C)]
- Liquid Smoke [(SS=.25t)]
- Maple Sugar [(P=2t)]

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- Panko Crumbs [(P=2T)]
- Pasta of choice [(G) (V=12 oz.)]
- Brown Rice [(P=.5C)]
- Rice (of choice) [(B) (L)]
- Tamari [(P=1T) (SS=1t)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(P=1T) (B=2C) (V=1C) (L=1C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(V=.25C)]
- Miso [(G=2T)]
- Miso Master Organic Mellow White**
- _____
- _____

FROZEN

- 14 oz. Frozen California Blend Vegetables [(V=1)]
- _____
- _____
- _____

SPICES USED:

- Allspice [(L=pinch)]
- Dried Basil [(V=1t)]
- Bay Leaves [(B=1) (L=1)]
- Cayenne Pepper [(P=pinch) (SS=pinch)]
- Chili Powder [(P=1t) (SS=.5t) (B=.5t)]
- Cinnamon [(L=pinch)]
- Coriander [(L=.25t)]
- Cumin [(B=.5t) (L=1.5t)]
- Garlic Powder [(P=1.5t) (SS=.5t) (B=1t) (G=1.5t) (V=1t) (L=1t)]
- Dried Ground Mustard Powder [(P=1t) (SS=2t)]
- Nutmeg [(L=pinch)]
- Onion Powder [(P=1.5t) (SS=.5t) (B=1t) (G=1t) (V=1t) (L=1t)]
- Dried Minced Onions [(P=2T) (B=2T) (V=2T) (L=2T)]
- Dried Oregano [(B=1t) (V=2t)]
- Smoked Paprika [(P=1t) (SS=1.25t) (B=.25t)]
- Sweet Paprika [(P=1.5t)]
- Red Pepper Flake [(V=pinch)]
- Sea Salt
- Black Pepper

MISC:

- Burger Buns (of choice) [(P)]
- _____

Recipe Code: Vegan BBQ "Chicken" Patty (P), Sweet and Smoky BBQ Sauce (SS), Easy Black Bean Soup(B), Oil Free Creamy Garlic Dressing Bowl (G), Vegan Pasta Primavera (V), Lebanese Stewed Green Beans and Potatoes (L)