



BREAKFAST IDEAS

- Mini Mediterranean Flatbreads
- GF English Muffin with PB&J
- _____
- _____
- _____

LUNCH IDEAS

- Asian Noodle Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Spicy Sicilian Soup
- BBQ Veggie Loaf
- Asian Veggie Bowl
- Red Pepper Vinaigrette Salad
- Creamy Spaghetti Pie
- _____
- _____

SNACKS IDEAS

- Simple Mashed Potatoes
- 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 #106 Shopping List

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PRODUCE

- Garlic [(S=2T) (B=1T) (A=1T) (P=1T)]
- Ginger [(A=1t)]
- Medium Red Onions [(A=.5)]
- Small Red Onions [(R)]
- Large Yellow Onions [(P=1)]
- Medium Yellow Onions [(S=1C)]
- Green Onions [(A)]
- Green Bell Peppers [(A=1)]
- Red Bell Peppers [(S=1) (A=1)]
- Carrots [(S=3) (A=2) (P=1)]
- Celery Ribs [(S=3)]
- Large Tomatoes [(P=2)]
- Grape Tomatoes [(R)]
- Mushrooms (of choice) [(A=8 oz.)]
- Button Mushrooms [(P=8 oz.)]
- Mini-English Cucumbers [(A=3)]
- English Cucumbers [(R)]
- Radishes [(R)]
- Yellow Beets [(R)]
- Salad Greens of Choice [(R)]
- Baby Spinach [(A=2C)]
- Small Zucchini [(R)]
- Lemons [(P=2t)]
- _____
- _____

DRY/CANNED/JARRED GOODS

- Raw Cashews [(P=.5C+.25C)]
- Blanched Slivered Almonds [(P=.25C)]
- Flaxseed Meal [(B=2T)]
- Pepitas (Pumpkin Seeds) [(R)]
- Hemp Seeds [(R)]
- Toasted Sesame Seeds [(A)]
- Rice Vinegar [(A=2T)]
- Mirin [(A=1t)]
- Ume Plum Vinegar [(R=1t)]
- Apple Cider Vinegar [(R=.25C)]
- Roasted Red Peppers (jarred) [(R=.5C)]
- 14.5 oz. can Petite Diced Tomatoes [(S=1)]
- 16 oz. can Kidney Beans [(S=1) (B=1)]
- 15 oz. can Chickpeas [(B=1) (R)]
- Nutritional Yeast [(B=2T) (P=1T+2T)]
- Flour (of choice) [(P=2T)]
- Baking Soda [(S=.25t)]
- Cornstarch (or arrowroot powder) [(A=2t)]
- Cornmeal [(B=2T)]
- Tahini [(B=1T) (R=1.5t)]
- Pure Maple Syrup [(A=2T) (R=2t)]
- Maple Sugar (or Date Sugar) [(B=1T)]

- BBQ Sauce [(B=1C)]
- Spaghetti [(P=1 lb.)]
- Ditalini pasta (or pasta of choice) [(S=.66C)]
- Rice of choice [(A)]
- Brown Rice [(B=1C)]
- Rolled Oats (whole grain) [(B=1C)]
- Panko Crumbs [(B=.5C)]
- Chili Garlic Sauce [(A=.5t)]
- Huy Fong Chili Garlic Sauce**
- Tamari [(S=1T) (B=3T) (A=3T)]
- San J Gluten Free Reduced Sodium**
- 1 cup Vegetable broth [(S=1C) (B=2T) (A=1T) (P=2T)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(P=2.75C)]
- Miso [(S=1T) (A=1T) (R=2T)]
- Miso Master Organic Mellow White**
- _____
- _____

FROZEN

- Frozen Shelled Edamame [(A=.75C)]
- Frozen Peas [(P=2C)]
- _____
- _____

SPICES USED:

- Bay Leaves [(S=2)]
- Cayenne Pepper [(B=pinch)]
- Celery Seed (optional) [(R=pinch)]
- Chili Powder [(B=1t)]
- Cumin [(S=.25t)]
- Dried Dill Weeds [(P=.25t)]
- Garlic Powder [(S=1t) (B=1t) (R=1t) (P=1t+.25t)]
- Onion Powder [(S=1t) (B=1t) (R=1t) (P=1t)]
- Dried Minced Onions [(S=2T) (B=2T) (P=3T)]
- Dried Oregano [(S=.5t)]
- Dried Parsley [(S=1T) (P=1t)]
- Smoked Paprika [(S=.25t) (B=1t)]
- Sweet Paprika [(B=1t)]
- Red Pepper Flake [(S=.25t)]
- Sea Salt
- Black Pepper

MISC:

- _____
- _____

Recipe Code: Spicy Sicilian Soup (S), BBQ Veggie Loaf (B), Simple Asian Veggie Stir Fry Bowl (A), Roasted Red Pepper Vinaigrette Bowl (R), Creamy Spaghetti Pie (P)