



BREAKFAST IDEAS

- Veggie Breakfast Scramble
- Sweet Potato Toast w/ PB & Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Chinese Pepper "Steak"
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Sweet and Spicy Chili
- Vegan Creamy Corn Pasta Salad
- Balsamic Tahini Dressing Bowl
- Country Lima Bean Fried Rice
- Chickpea Potato Cacciatore
- _____
- _____

SNACKS IDEAS

- Roasted Red Pepper Hummus
- 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 #114 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(S=2T) (L=1T+1t) (X=1T)]
- Small Red Onions [(P=.25C)]
- Medium Yellow Onions [(S=1) (L=1C) (X=1C)]
- Green Bell Peppers [(S=1) (P=.75C)]
- Red Bell Peppers [(S=1) (X=1)]
- Carrots [(B) (L=.5C)]
- Beets [(B)]
- Grape Tomatoes [(B)]
- Red Skinned Potatoes [(X= 1.5 lbs.)]
- Mini-English Cucumbers [(B)]
- Radishes [(B)]
- Salad Greens of Choice [(B)]
- Purple Cabbage [(B)]
- Small Zucchini [(B)]
- Medium Zucchini [(L=1C)]
- Medium Yellow Squash [(L=1C)]
- Avocados [(S)]
- Cilantro [(S)]
- White Button Mushrooms [(X= 10 oz.)]
- Flat Leaf Parsley [(L) (X)]
- Limes [(P=1T=1t)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Pumpkin Seeds [(B)]
- Cashews (raw) [(P=.25C)]
- Distilled White Vinegar [(S=1t) (P=2T)]
- Balsamic Vinegar [(B=4T)]
- Ume Plum Vinegar [(B=.5t)]
- Apple Cider Vinegar [(L=1t)]
- Tomato Paste [(S=3T) (X=2T)]
- Tomato Sauce [(S= 15 oz.)]
- 14.5 oz. can Petite Diced Tomatoes [(P=1) (X=1)]
- 16 oz. can Kidney Beans [(S=1) (B)]
- 15 oz. can Chickpeas [(X=1)]
- 15 oz. can Black Beans [(S=1)]
- 15 oz. can Pinto Beans [(S=1)]
- 15 oz. can Corn [(S=1) (P=1)]
- 15 oz. can Lima Beans [(L=2)]
- Nutritional Yeast [(P=1T) (X=1T+1t)]
- Baking Soda [(S=pinch) (X=pinch)]
- Tahini [(B=1T)]
- Quinoa [B]
- Pure Maple Syrup [(S=2T+1t) (P=2t) (B=.5t) (L=.5t)]

- Molasses [(S=1t)]
- Liquid Smoke [(L=1t)]
- Pasta of choice [(P= 8oz.)]
- Rice of choice [(L=2C)]
- Hot Sauce [(L=.5t)]
- Frank's RedHot Sauce**
- Tamari [(L=1T+1t) (X=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(S=1C) (P=.25C) (L=2T) (X=.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

REFRIGERATED

- Miso [(B=.5t)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(X=1t)]
- Bay Leaves [(X=1)]
- Chili Powder [(S=2t) (P=1t)]
- Garlic Powder [(S=1t) (P=1t) (B=.5t) (L=1t) (X=1t)]
- Italian Seasoning [(X=1.5t)]
- Ground Mustard Powder [(S=.5t)]
- Onion Powder [(S=1t) (P=1t) (B=.5t) (L=1t) (X=1t)]
- Dried Minced Onions [(S=2T) (P=1T) (X=2T)]
- Dried Parsley [(L=.5t)]
- Smoked Paprika [(S=1t) (P=.5t)]
- Red Pepper Flake [(X=.5t)]
- Dried Crushed Rosemary [(L=pinch)]
- Dried Thyme Leaves [(L=.5t) (X=.5t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Tortilla Chips (of choice) [(S)]
- _____
- _____

Recipe Code: Sweet and Spicy Chili (S), Vegan Creamy Corn Pasta Salad (P), No Oil Balsamic Tahini Dressing Bowl (B), Country Lima Bean Fried Rice (L), Chickpea Potato Cacciatore (X)