



BREAKFAST IDEAS

- Peanut Butter Banana Rice Cake
- Oatmeal with Fruit & Seeds/Nuts
- _____
- _____
- _____

LUNCH IDEAS

- Lemon Basil Quinoa Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Persian Lentil Soup
- Veggie Sandwich Spread
- Vegan Creamy Taco Pasta
- Veggie Rice Casserole
- Roasted Brussel Sprout Salad
- _____
- _____

SNACKS IDEAS

- German Chocolate Bars
- 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 #121 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(P=2T) (X=1T)]
- Large Red Onions [(R)]
- Medium Yellow Onions [(P=1) (X=1C) (Z=1)]
- Green Bell Peppers [(X=.5)]
- Red Bell Peppers [(X=.5)]
- Jalapeno Peppers [(X=1)]
- Carrots [(V=1) (Z=2)]
- Celery Ribs [(Z=2)]
- Large Tomatoes [(V)]
- Mini-English Cucumbers [(R=2)]
- Brussel Sprouts [(R= 10 oz.)]
- Salad Greens of Choice [(R)]
- Lettuce [(V)]
- Medium Zucchini [(V=1)]
- Avocados [(X)]
- Cilantro [(P) (X)]
- Button Mushrooms [(Z=10 oz.)]
- Broccoli [(Z=3 heads)]
- Seedless Red Grapes [(R=1.5C)]
- Strawberries [(R=2C)]
- Blueberries [(R=.5C)]
- Lemons [(R=1t)]
- Limes [(X=1t)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(V=.25C) (Z=.25C)]
- Pecan Halves [(V=.33C) (R=1C)]
- Pepitas [(R=2T)]
- Hemp Seeds [(R=2T)]
- Dried Cranberries [(R=2T)]
- Unsalted Almond Butter [(R=1t)]
- White Balsamic Vinegar [(R=1T)]
- Distilled White Vinegar [(V=1T+1t)]
- 14.5 oz. can Petite Diced Tomatoes [(X=1)]
- Dry Small Brown Lentils [(P=1C)]
 - ✓ **Palouse Small Brown Lentils**
- 15 oz. can Pinto Beans [(X=1)]
- 15 oz. can Corn [(X=1C)]
- Nutritional Yeast [(V=1T) (X=3T)]
- Flour (of choice) [(X=1T) (Z=1T)]
- Baking Soda [(P=.25t) (X=.25t)]
- Dijon Mustard [(V=1T)]
- Pure Maple Syrup [(V=.5t) (R)]
- Brown Rice [(P = .25C) (Z=1C)]

- Fusilli Pasta (or pasta of choice) [(X= 10 oz.)]
- Tamari [(P=1T) (V=1t)]
 - ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(P=2.5C) (V=.5C) (X=.5C) (Z=1C)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(Z=.25C)]
- Miso [(R=2t)]
 - ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Cayenne Pepper [(P=pinch)]
- Chili Powder [(X=1.5t)]
- Cinnamon [(P=.25t) (R)]
- Cumin [(X=.25t)]
- Curry Powder [(P=2t)]
- Garlic Powder [(P=1t) (V=.5t) (X=1t) (R=.5t) (Z=.5t)]
- Onion Powder [(P=1t) (V=.5t) (X=1t) (Z=.5t)]
- Dried Minced Onions [(P=2T) (V=1T) (X=2T) (Z=1T)]
- Smoked Paprika [(X=1t)]
- Dried Rubbed Sage [(Z=pinch)]
- Dried Crushed Thyme Leaves [(Z=.25t)]
- Turmeric [(P=pinch)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Bread or Wraps (of choice) [(V)]
- _____
- _____

Recipe Code: Persian Lentil Soup (P), Veggie Sandwich Spread (V), Vegan Creamy Taco Pasta (X), Roasted Brussel Sprout Salad with Strawberry Vinaigrette (R), Veggie Rice Casserole (Z)