



## BREAKFAST IDEAS

- Vegan Cinnamon Coffee Cake
- Oatmeal with Fruit & Nuts
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Oil Free Lebanese Fattoush
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Spicy Ginger Stir Fry
- Vegan Baked Black Bean Quesadillas
- Vegan Warm Dijon Potato Salad
- Vegan Pizza Stuffed Peppers
- Oil Free Gazpacho
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Mexican Hot Chocolate Cookies
- Fruit and Veggies
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Notes:





# Whole Food Plant Based INSTRUCTIONS



## 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 #128 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(G=1T) (L=1t) (X=2T)]
- Ginger [(G=1T+1t)]
- Small Red Onions [(D=.5C)]
- Medium Yellow Onions [(X=1)]
- Green Onions [(G) (Z=1T)]
- Green Bell Peppers [(X=3)]
- Red Bell Peppers [(X=3) (Z=1 +.25C)]
- Campari Tomatoes [(Z= 1.5 lbs. + .25C)]
- Red-Skinned Baby Potatoes [(D=2 lbs.)]
- Mini-English Cucumbers [(Z=1+.25C)]
- Medium Zucchini [(X=1)]
- Avocados [(L=1) (Z)]
- Cilantro [(L=.5C)]
- Flat Leaf Parsley [(D=1T)]
- Lemons [(Z=.5t)]
- Limes [(L=3T)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- Vegetable broth [(Q=.25C) (D=3T)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- 16 oz. Frozen Stir Fry Vegetables [(G=1)]
- Frozen Corn [(Z=.25C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Toasted Sesame Seeds [(G)]
- Rice Vinegar [(G=2T)]
- Distilled White Vinegar [(D=.25C)]
- Sherry Vinegar [(Z=1T+1t)]
- Tomato Paste [(G=1t)]
- Tomato Sauce [(X= 8 oz.)]
- Dill Pickle Relish [(D=2T)]
- Black Olives [(X=.33C)]
- 14.5 oz. can Petite Diced Tomatoes [(X=1)]
- 16 oz. can Kidney Beans [(X=1)]
- 15 oz. can Chickpeas [(G=1)]
- 15 oz. can Black Beans [(Q=1)]
- Nutritional Yeast [(D=1T) (X=.25C)]
- Baking Soda [(X=.25t)]
- Cornstarch [(G=1T)]
- Tahini [(G=1t) (D=1T)]
- Dijon Mustard [(D=1T)]
- Pure Maple Syrup [(G=.25C) (L=1t) (D=1t) (X=1t)]
- Rice of choice [(G) (Q=.75C) (X=1.5C)]
- Hot Sauce [(D=.25t) (Z=.5t)]
- Frank's RedHot Sauce**
- Chili Garlic Sauce [(G=.5t)]
- Huy Fong Chili Garlic Sauce**
- Tamari [(G=.25C) (D=1t) (X=1T)]
- San J Gluten Free Reduced Sodium**

## SPICES USED:

- Dried Basil [(X=1t)]
- Cayenne Pepper [(Z=pinch)]
- Chili Powder [(X=.5t)]
- Chipotle Powder [(Q=.5t)]
- Cumin [(Q=pinch)]
- Garlic Powder [(Q=.5t) (D=1t) (X=1t) (Z=.75t)]
- Italian Seasoning [(X=.5t)]
- Dried Ground Mustard Powder [(D=.25t)]
- Onion Powder [(Q=.5t) (D=1t) (X=1t) (Z=.75t)]
- Dried Minced Onions [(X=2T)]
- Dried Oregano [(X=1T)]
- Dried Parsley [(X=1t)]
- Smoked Paprika [(Q=1.5t)]
- Red Pepper Flake [(G=.25t)]
- Dried Crushed Thyme Leaves [(X=.25t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_

## MISC:

- 6-inch Tortillas (of choice) [(Q)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Spicy Ginger Stir Fry (G), Vegan Baked Black Bean Quesadillas (Q), Avocado Lime Cilantro Sauce (L), Vegan Warm Dijon Potato Salad (D), Vegan Pizza Stuffed Peppers (X), Oil Free Gazpacho (Z)