



BREAKFAST IDEAS

- Peanut Butter Banana Scones
- Baked Sweet Potatoes with Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Asian Veggie Dumplings
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Chipotle Mushroom Tacos
- Potato Vindaloo
- Collard Greens Lentil Soup
- Oil Free Herb Vinaigrette Bowl
- Vegan Eggplant Parmesan
- _____
- _____

SNACKS IDEAS

- Oil-Free Baked Potato Slices
- 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 #129 Shopping List

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PRODUCE

- Garlic [(M=1t) (G=1t) (L=2T) (Y=2T)]
- Ginger [(Y=2t)]
- Medium Yellow Onions [(L=1) (Y=1)]
- Small Yellow Onions [(G=.5)]
- Carrots [(L=2) (H)]
- Celery Ribs [(L=2)]
- Medium Tomatoes [(H)]
- Cherry Tomatoes [(G=1C)]
- Baby Bella Mushrooms [(M=1 lb.)]
- Red Skinned Potatoes [(Y= 8 oz.)]
- Sweet Potatoes [(Y= 8 oz.)]
- Mini-English Cucumbers [(H)]
- Radishes [(H)]
- Collard Greens [(L=5C)]
- Salad Greens of Choice [(H)]
- Baby Spinach [(Y=3C)]
- Large Eggplant [(E=1)]
- Avocados [(G)]
- Cilantro [(G=.5C)]
- Lemons [(L=1T+1t)]
- Limes [(M=2t) (G=3T)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Hemp Seeds [(H)]
- Red Wine Vinegar [(H=.33C) (Y=2T)]
- Rice Vinegar [(H=2T)]
- Apple Cider Vinegar [(L)]
- Stone Ground Mustard [(H=.5t)]
- Tomato Paste [(M=.5t) (L=1T) (Y=2T) (S=2T)]
- 15 oz. can Tomato Sauce [(S=1)]
- 14.5 oz. can Petite Diced Tomatoes [(Y=1)]
- Dry Small Brown Lentils [(L=.66C)]
 - ✓ **Palouse Small Brown Lentils**
- 16 oz. can Kidney Beans [(H)]
- 15 oz. can Chickpeas [(Y=1)]
- Nutritional Yeast [(H=2T) (E=2T)]
- Cornmeal [(E=2T)]
- Baking Soda [(L=.25t) (Y=.25t)]
- Tahini [(H=3t) (E=4T)]
- Pure Maple Syrup [(H=3t) (S=1T+2t)]
- Pasta of choice [(H)]
- Panko Crumbs of choice [(E=.5t)]
- Hot Sauce [(L)]
 - ✓ **Frank's RedHot Sauce**
- Tamari [(M=2T) (L=1T)]

✓ **San J Gluten Free Reduced Sodium**

- Vegetable broth [(L=3C) (Y=1C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Miso [(H=1t) (Y=1T) (S=1t)]
 - ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(S=1T)]
- Bay Leaves [(Y=1)]
- Cayenne Pepper [(Y=.25t)]
- Chili Powder [(M=.5t) (L=1.75t)]
- Chipotle Powder [(M=.25t)]
- Cinnamon [(Y=.5t)]
- Cumin [(M=.25t) (L=pinch) (Y=2.5t)]
- Garlic Powder [(M=.5t) (L=1t) (H=1t) (Y=1t) (E=2t) (S=1t)]
- Italian Seasoning [(E=2T)]
- Dried Ground Mustard Powder [(Y=.5t)]
- Onion Powder [(M=.5t) (L=1t) (H=1t) (Y=1t) (E=2t) (S=1t)]
- Dried Minced Onions [(L=2T) (H=1T) (Y=2T)]
- Dried Oregano [(S=1.5t)]
- Smoked Paprika [(M=.5t) (L=1.25t)]
- Sweet Paprika [(Y=1t) (E=2t)]
- Dried Rubbed Sage [(H=pinch)]
- Dried Crushed Thyme Leaves [(H=1t)]
- Turmeric [(Y=pinch)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Tortillas (of choice) [(M)]
- _____
- _____
- _____

Recipe Code: Chipotle Mushroom Tacos (M), Easy Pico de Gallo (G), Collard Greens Lentil Soup (L), Potato Vindaloo (Y), Oil Free Herb Vinaigrette Bowl (H), Eggplant Parmesan (E), Easy Healthy Marinara Sauce (S)