



BREAKFAST IDEAS

- Greek Potato Salad
- GF English Muffin w/ Guac
- _____
- _____
- _____

LUNCH IDEAS

- Crack Pasta Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Tomato Quinoa Chickpea Soup
- Vegan Greek Mac and Cheese
- Shallot Vinaigrette Bowl
- Vegan Taco Pie
- Teriyaki Brussels Sprouts
- _____
- _____

SNACKS IDEAS

- Italian Bow Tie Cookies
- 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 #143 Shopping List

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PRODUCE

- Garlic [(Q=2T) (V=1t) (B=1T)]
- Ginger [(B=1T)]
- Medium Shallot [(V=1)]
- Medium Yellow Onions [(Q=1)]
- Small Yellow Onions [(P=.5C)]
- Red Bell Peppers [(Q=.5) (V) (P=1) (B)]
- Jalapeno Peppers [(P=1)]
- Brussels Sprouts [(B= 1lb.)]
- Carrots [(V) (B)]
- Celery Ribs [(Q=2)]
- Grape Tomatoes [(V) (P)]
- Mini-English Cucumbers [(V) (B)]
- Radishes [(B)]
- Salad Greens of Choice [(V) (P)]
- Baby Spinach [(B)]
- Kale [(Q=3C)]
- Avocados [(P)]
- Cilantro [(P)]
- Lemons [(G=2T) (V=1T)]
- Limes [(Q=1t) (P=1T)]
- _____
- _____
- _____
- _____
- _____

- Rice of choice [(B)]
- Hot Sauce [(Q=2t)]
- ✓ **Frank's RedHot Sauce**
- Tamari [(Q=1T) (V=1T) (B=4T)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(Q=2.5C) (G=.33C) (P=.25C) (B=2T)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Yogurt [(G=.5C)]
- _____
- _____
- _____
- _____

FROZEN

- 14.4 oz. bag Frozen Cauliflower Florets [(G=1)]
- Frozen Corn [(P=1C)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Hemp Seeds [(V)]
- Cashews (raw) [(G=.5C) (P=.5C)]
- Red Wine Vinegar [(V=.25C)]
- Rice Vinegar [(B=2T)]
- Mirin [(B=2t)]
- Distilled White Vinegar [(P=2T+1t)]
- Tomato Paste [(P=1t)]
- 14.5 oz. can Fire Roasted Petite Diced Tomatoes [(Q=1)]
- 15 oz. can Chickpeas [(Q=1) (V)]
- 15 oz. can Black Beans [(P=1)]
- 15 oz. can Pinto Beans [(P=1)]
- Nutritional Yeast [(G=.25C) (V=2T) (P=3T)]
- Baking Soda [(Q=Pinch)]
- Cornstarch (or Arrowroot Powder) [(B=1t)]
- Quinoa [(Q=1.5C)]
- Tahini [(V=2t) (B=1t)]
- Dijon Mustard [(V=1t) (P=1t)]
- Ketchup [(V=2T)]
- Pure Maple Syrup [(Q=1t) (V=1T) (B=2T)]
- Molasses [(B=.5t)]
- Elbow Macaroni [(G=14 oz.)]

SPICES USED:

- Bay Leaves [(Q=1)]
- Chili Powder [(Q=1.5t) (P=1.5t)]
- Chipotle Powder [(P=.25t) (P=.25t)]
- Cumin [(P=.5t)]
- Garlic Powder [(Q=1.5t) (G=1t) (P=2t)]
- Dried Ground Mustard Powder [(G=.5t)]
- Onion Powder [(Q=1t) (G=1t) (P=2t)]
- Dried Minced Onions [(Q=2T) (G=2T) (P=2T)]
- Dried Oregano [(G=1.5t)]
- Dried Mexican Oregano [(Q=.5t)]
- Dried Parsley [(Q=1t)]
- Smoked Paprika [(Q=1.25t) (P=1.5t)]
- Sweet Paprika [(P=.5t)]
- Red Pepper Flake [(B=.25t)]
- Sea Salt
- Black Pepper

MISC:

- 6 " Tortillas (of choice) [(P=8)]
- _____
- _____
- _____

Recipe Code: Oil Free Spicy Tomato Quinoa Chickpea Soup (Q), Vegan Greek Mac and Cheese (G), Oil Free Shallot Vinaigrette Bowl (V), Vegan Taco Pie (P), Teriyaki Brussels Sprouts (B)