



BREAKFAST IDEAS

- Healthy Vegan Cornmeal Pancakes
- Baked Sweet Potato w/ Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Oil-Free Hibachi Noodles
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Italian White Bean Rice Soup
- Italian Veggie Pasta Skillet
- Simple Hummus Dressing Bowl
- Pineapple Fried Rice
- Baked Falafel
- _____
- _____

SNACKS IDEAS

- Oven Baked Zaatar Fries
- 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 #145 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(W=1T) (S=2T) (P=1T)]
- ☐ Ginger [(P=1T)]
- ☐ Medium Yellow Onions [(W=1) (S=1) (P=.75C)]
- ☐ Large White Onions [(F=1)]
- ☐ Green Onions [(P)]
- ☐ Red Bell Peppers [(W=1) (H)]
- ☐ Jalapeno Peppers [(F=1)]
- ☐ Carrots [(H) (P=1)]
- ☐ Grape Tomatoes [(H)]
- ☐ Russet Potatoes [(Z=10)]
- ☐ Mini-English Cucumbers [(H)]
- ☐ Salad Greens of Choice [(H)]
- ☐ Beets [(H)]
- ☐ Green Cabbage [(H)]
- ☐ Cilantro [(F=1C)]
- ☐ Flat Leaf Parsley [(W) (F=1C)]

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Toasted Sesame Seeds [(P)]
- ☐ Rice Vinegar [(P=1T)]
- ☐ Distilled White Vinegar [(W=2t) (S=2t)]
- ☐ Apple Cider Vinegar [(H=.25C)]
- ☐ Tomato Paste [(S=1T)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(W=1) (S=1)]
- ☐ 15 oz. can Great Northern Beans [(W=2)]
- ☐ 16 oz. can Kidney Beans [(S=1)]
- ☐ 15 oz. can Chickpeas [(H) (F=2)]
- ☐ Nutritional Yeast [(W=3T) (S=.25C)]
- ☐ Baking Powder [(F=2t)]
- ☐ Baking Soda [(S=.25t)]
- ☐ Tahini [(F=.25C)]
- ☐ Pure Maple Syrup [(S=1t)(H=1T+1t) (P=2T)]
- ☐ Canned Pineapple in 100% natural juice [(P=2C)]
- ☐ Couscous [(H)]
- ☐ Elbow Macaroni [(S= 8 oz.)]
- ☐ Rice of choice [(W=.5C)]
- ☐ Brown Rice [(P=3C)]
- ☐ Chili Garlic Sauce [(P=.5t)]
- ☒ **Huy Fong Chili Garlic Sauce**
- ☐ Tamari [(P=3T)]
- ☒ **San J Gluten Free Reduced Sodium**

- ☐ Vegetable broth [(W=1.5C) (S=2C) (P=1T)]
- ☒ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Hummus [(H=.5C) (F=1T)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ Frozen Corn [(P=.5C)]
- ☐ Frozen Peas [(P=.5C)]
- ☐ Frozen Edamame [(P=.5C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Dried Basil [(W=1.5t) (S=1t)]
- ☐ Chili Powder [(S=.25t)]
- ☐ Coriander [(F=1t)]
- ☐ Cumin [(F=1T)]
- ☐ Garlic Powder [(W=1t) (S=1t) (H=.5t) (F=1.5t)]
- ☐ Italian Seasoning [(W=.5t)]
- ☐ Onion Powder [(W=1t) (S=1t)]
- ☐ Dried Minced Onions [(W=2T) (S=2T)]
- ☐ Dried Oregano [(W=1.5t) (S=1.5t)]
- ☐ Zaatar [(Z=3T)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ _____
- ☐ _____

MISC:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Oil Free Italian White Bean Rice Soup (W), Italian Veggie Pasta Skillet (S),
Oil Free Simple Hummus Dressing Bowl (H), Pineapple Fried Rice (P), Baked Falafel (F), Oven Baked Zaatar Fries (Z)