



BREAKFAST IDEAS

- Peanut Butter Banana Rice Cakes
- English Muffin/Toast w/ Guac
- _____
- _____
- _____

LUNCH IDEAS

- Toast w/ Roasted Tomato & Avocados
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Tunisian Chickpea Orzo Soup
- Italian Peperonata Sauce w/ Pasta
- Veggie Loaf
- Szechuan Veggie Stir Fry
- Creamy Caesar Dressing Bowl
- _____
- _____

SNACKS IDEAS

- Green Bean Tomato Bake
- 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 #150 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(H=2T) (P=2T) (L=1) (S=2t)]
- Ginger [(S=1t)]
- Small Red Onions [(D)]
- Medium Yellow Onions [(H=1) (P=1) (L=1)]
- Green Onions [(S)]
- Red Bell Peppers [(P=1)]
- Orange Bell Peppers [(P=1)]
- Yellow Bell Peppers [(P=1)]
- Carrots [(L=1) (D)]
- Celery Ribs [(L=2)]
- Small Tomatoes [(P=1lb. 8oz.)]
- Cherry Tomatoes [(D)]
- Mini-English Cucumbers [(D)]
- Radishes [(D)]
- Salad Greens of Choice [(D)]
- Kale [(H=3C)]
- Purple Cabbage [(D)]
- Cilantro [(H)]
- Fresh Basil [(P)]
- Lemons [(H=1T) (D=2t)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Medjool Dates [(L=4)]
- Cashews (raw) [(D=.5C)]
- Walnuts [(L=.25C)]
- Hemp Seeds [(D)]
- Toasted Sesame Seeds [(S)]
- Unsalted Almond Butter [(L=2T)]
- Rice Vinegar [(S=1T)]
- Distilled White Vinegar [(D=4T)]
- Balsamic Vinegar [(S=1T)]
- Tomato Paste [(L=4T)]
- 14.5 oz. can Petite Diced Tomatoes [(H=1)]
- Ketchup [(L=.5C)]
- 15 oz. can Chickpeas [(H=1) (L=2) (D)]
- Nutritional Yeast [(D=1t)]
- Baking Soda [(H=.25t) (P=pinch)]
- Cornstarch [(S=.5t)]
- Capers [(D=2t)]
- Pure Maple Syrup [(S=3T)]
- Molasses [(S=2t) (D=.25t)]
- Panko Crumbs [(L=1.5C)]
- Pasta of choice [(P=16 oz.) (D)]
- Orzo Pasta [(H=.66C)]

- Rice of choice [(S)]
- Chili Garlic Sauce [(S=3t)]
- ✓ **Huy Fong Chili Garlic Sauce**
- Tamari [(L=3T) (S=3T)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(H=2C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(D=2T)]
- Miso [(D=1T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- Frozen Peas [(L=.5C)]
- 12 oz. Frozen Asian Blend [(S=1)]
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(P=2t)]
- Coriander [(H=Pinch)]
- Cumin [(H=.75t)]
- Garlic Powder [(H=1t) (P=1t) (L=1.5t) (D=1t)]
- Harissa Spice Blend Powder [(H=1.25t)]
- Dried Ground Mustard Powder [(S=.5t) (D=pinch)]
- Onion Powder [(H=1t) (P=1t) (L=1t) (D=1t)]
- Dried Minced Onions [(H=2T) (L=2T)]
- Dried Oregano [(P=2t)]
- Dried Parsley [(L=2t)]
- Smoked Paprika [(H=.5t)]
- Sweet Paprika [(H=.25t) (L=.25t)]
- Red Pepper Flake [(P=pinch) (L=.25t) (S=.25t)]
- Sea Salt
- Black Pepper

MISC:

- Vegan Parmesan Cheese [(P)]
- _____
- _____
- _____

Recipe Code: Healthy Tunisian Chickpea Orzo Soup (H), Oil Free Italian Peperonata Sauce (P), Veggie Loaf (L), Szechuan Veggie Stir Fry (S), Vegan Creamy Caesar Dressing Bowl (D)