



BREAKFAST IDEAS

- Sweet Potato Breakfast Bowl
- Oatmeal w/ Fruit & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Southwestern Jackfruit Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Cashew Chickpeas and Noodle
- Smoky Lentil Potato Soup
- Fennel Cabbage Skillet
- Vegan Pizza Pasta Supreme
- Vegan Arroz con Pollo
- _____
- _____

SNACKS IDEAS

- Easy Oil Free Salsa Pasta Salad
- 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 #165 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(N=1T) (P=1T) (F=2T) (S=1T) (A=2T)]
- ☐ Medium Red Onions [(S=.66C)]
- ☐ Medium Yellow Onions [(N=1) (P=1) (F=1) (A=1)]
- ☐ Green Onions [(N)]
- ☐ Green Bell Peppers [(S=.5C) (A=1)]
- ☐ Red Bell Peppers [(N=1) (P=1) (F=1) (S=.5C) (A=1)]
- ☐ Carrots [(F=1C)]
- ☐ Russet Potatoes [(P=4C)]
- ☐ Green Cabbage [(F=9C)]
- ☐ Fennel [(F=2.5C)]
- ☐ Flat Leaf Parsley [(S) (A)]
- ☐ Lemons [(A)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Cashews (raw) [(N=1C)]
- ☐ Rice Vinegar [(N=1T)]
- ☐ Distilled White Vinegar [(N=1t)]
- ☐ Apple Cider Vinegar [(P=2t)]
- ☐ Capers [(A=2T)]
- ☐ Olives [(S)]
- ☐ Green Olives [(A=8)]
- ☐ 4 oz. can Sliced Mushrooms [(S=1)]
- ☐ Tomato Paste [(P=1T) (F=1T) (A=2T)]
- ☐ Pizza Sauce [(S=2C)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(P=1)]
- ☐ Dry Small Brown Lentils [(P=1C)]
- ☒ **Palouse Small Brown Lentils**
- ☐ 15 oz. can Great Northern Beans [(F=1)]
- ☐ 15 oz. can Chickpeas [(N=1)]
- ☐ Nutritional Yeast [(S=1T)]
- ☐ Baking Soda [(P=pinch)]
- ☐ Cornstarch (or Arrowroot Powder) [(N=1t)]
- ☐ Tahini [(N=1T)]
- ☐ Molasses [(N=1t)]
- ☐ Pure Maple Syrup [(N=.25C)]
- ☐ Pasta of choice [(S=16 oz.)]
- ☐ Linguini [(N=12 oz.)]
- ☐ Brown Rice [(A=1C)]
- ☐ Chili Garlic Sauce [(N=.5t)]
- ☒ **Huy Fong Chili Garlic Sauce**
- ☐ Hot Sauce [(P=.5t)]
- ☒ **Frank's RedHot Sauce**
- ☐ Tamari [(N=.25C+1T) (P=1T) (A=1T)]
- ☒ **San J Gluten Free Reduced Sodium**

- ☐ Vegetable broth [(P=3C) (F=1C) (A=1.5C)]
- ☒ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Miso [(A=1T)]
- ☒ **Miso Master Organic Mellow White**
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

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

SPICES USED:

- ☐ Bay Leaves [(P=1)]
- ☐ Cayenne Pepper [(A=.25t)]
- ☐ Chili Powder [(P=.75t)]
- ☐ Cumin [(A=1t)]
- ☐ Ground Fennel Seeds (Powder) [(F=.5t)]
- ☐ Garlic Powder [(N=.5t) (P=1t) (F=1t) (A=1t)]
- ☐ Onion Powder [(N=.5t) (P=1t) (F=1t) (A=1t)]
- ☐ Dried Minced Onions [(A=2T)]
- ☐ Dried Oregano [(A=1t)]
- ☐ Smoked Paprika [(P=1.25t) (A=2t)]
- ☐ Red Pepper Flake [(F=.25t)]
- ☐ Sea Salt
- ☐ Black Pepper

MISC:

- ☐ Soy Curls (internet purchase) [(A=1.5C)]
- ☒ **Butler Soy Curls**
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Easy Cashew Chickpeas and Noodles (N), Smoky Lentil Potato Soup (P), Fennel Cabbage Skillet (F), Vegan Pizza Pasta Skillet (S), Vegan Arroz Con Pollo (A)