



# MENU



## BREAKFAST IDEAS

- Hash Brown Potato Bowl
- Oatmeal w/ cinnamon & walnuts
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Vegan Buffalo Bean Wrap
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Baked Red Lentil Quinoa Fritters
- Vegan Cheesy Mexican Tortilla Bake
- Eggplant Creole
- Vegan Sausage Ragu
- Paella
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Quinoa Flatbread
- Fruits 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:  
3 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 #4 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- 3 medium yellow onion [(EC=1) (P=1) (VSR=1)]
- 3 Red bell peppers [(EC=.5) (P=2)]
- 2 orange bell pepper [(P=2)]
- Celery [(EC=2 ribs)]
- 3 Tomatoes (medium) [(P=3)]
- Fresh flat leaf parsley [(RLQF=.25C) (EC=2T)]
- 2 lemons [(RLQF=1.5 lemons)]
- 2 Garlic bulbs [(RLQF=2cl.) (EC=2cl.) (P=3) (VSR=5cl.)]
- Fresh Dill [(RLQF=1T)]
- Green Onions [(VCMB=optional)]
- Eggplant [(EC=1lb.)]
- 1 small Fennel head [(VSR=1)]
- 8 oz. white button mushrooms [(VSR=8 oz.)]
- 8 oz. baby Bella mushrooms (baby portabellas) [(VSR=8oz.)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Quinoa [(RLQF=1.5 cups)]
- Red Lentils [(RLQF=.5C)]
- 2 – 32 oz. Vegetable Broth (low sodium) [(RLQF=4C) (EC=1C) (P=1C)]
  - ✓ *Pacific Organic Vegetable Stock – Low Sodium*
- Tahini [(RLQF=.25C+3T)]
- Dijon Mustard [(RLQF=1T)]
- Cornmeal [(RLQF=.25C)]
- Chickpea flour or Brown Rice flour [(RLQF=.25C)]
- Raw, unsalted cashews [(VCMB=1C) (VPC=.25C)]
- Blanched slivered almonds [(VPC=.25C)]
- Mild Salsa-not too chunky [(VCMB=2C)]
- Small Corn Tortillas [(VCMB=9 tortillas)]
- 2 – 15 oz. cans black beans, low sodium [(VCMB=2)]
- 1 – 15 oz. can great white northern beans [(P=1)]
- 1 – 15 oz. can diced tomatoes (salt free) [(EC=1)]
- 2 – 6 oz. can tomato paste [(EC=2T) (VSR=1can)]
- 1 – 28 oz. can whole peeled tomatoes [(VSR=1)]
- 1 – 15 oz. can tomato sauce [(VSR=1)]
- Maple Syrup [(EC=.5t)]
- Brown Rice [(P=2C)]
- Brown Lentils [(VSR=.66C)]
  - ✓ *Palouse Small Brown Lentils*
- Pasta of choice [(VSR=1lb)]
- Nutritional yeast [(VPC=2T)]

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened plain plant yogurt [(RLQF=1C) (VCMB=.75C)]
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- Frozen Corn [(VCMB=2C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Garlic Powder [(VSR=1t) (VPC=.25t)]
- Onion Powder [(VSR=.5t)]
- Dried Minced Onions [(VSR=2T)]
- Turmeric [(RLQF=2t)]
- Cumin [(RLQF=1t) (VCMB=1.25t)]
- Cinnamon [(RLQF=.25t)]
- Smoked Paprika [(VCMB=1.25t) (P=1.5t)]
- Dried Thyme [(EC=1t)]
- Celery Seed [(EC=.25t)]
- Saffron [(P=pinch)]
- Dried parsley [(P=1T)]
- Dried oregano [(VSR=2t)]
- Fennel Seeds [(VSR=1t crushed)]
- Powdered Nori (or other seaweed) Optional [(EC=.5t)]
- Dried Red Pepper Flake [(VSR=.25t)]
- Sea Salt
- Black Pepper
- White Pepper [(EC=pinch)]

## MISC:

- Vegan Red Wine [(VSR=.75C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code for Menu #1:** Eggplant Creole (EC), Paella (P), Vegan Sausage Ragu (VSR), Red Lentil Quinoa Fritters (RLQF), Vegan Cheesy Mexican Tortilla Bake (VCMB), Vegan Parmesan Cheese (VPC),