



MENU



BREAKFAST IDEAS

- Chocolate Pancakes
- Sweet Potato Toast
- _____
- _____
- _____

LUNCH IDEAS

- Veggie Wrap
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Fast and Easy Curry Noodles
- Chili Sin Carne Buddha Bowl
- Creamy Potato Broccoli Casserole
- Tofu Polenta Breakfast Scramble
- Baked Falafel
- _____
- _____

SNACKS IDEAS

- Oven Roasted Potatoes
- 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 #9 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- 2 garlic bulbs [(CPBC=4cl.) (CBB=3cl.) (FCN=5cl.)]
- 1 large yellow onion [(CPBC=1)]
- 2 medium yellow onion [(TPBS=.25C) (CBB=.33C)]
- 1 large white onion [(BF=1)]
- 1 bunch of green onions [(TPBS=1) (FCN=optional)]
- 3 red bell peppers [(TPBS=.25C) (CBB=.5C) (FCN=1)]
- 1 orange bell peppers [(FCN=1)]
- 1 poblano pepper [(TPBS=.25C)]
- 1 jalapeno pepper [(BF=1)]
- 1 bunch of carrots [(FCN=1)]
- 1.5 lb. bag potatoes [(CPBC=1.5 lbs)]
- baby spinach [(FCN=5C)]
- 1 lemon [(CPBC=1)]
- 1 lime [(FCN=1 optional)]
- 1 avocado [(CBB=1)]
- 1 bunch of cilantro [(BF=1C) (FCN=optional)]
- 1 bunch of flat leaf parsley [(BF=1C)]
- 1 head broccoli [(CPBC=1)]
- 1 bunch of snow pea pods [(FCN=1.5C)]
- 1 zucchini [(TPBS=1)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Quinoa [(CBB=.5C)]
- Cashews (raw) [(CPBC=.75C)]
- 1 – 15 oz. cans chopped tomatoes [(CBB=1)]
- 2 – 15 oz. cans chickpeas [(BF=2)]
- 2 – 15 oz. cans black beans [(CBB=2)]
- Nutritional Yeast [(TPBS=1T) (CPBC=.75C)]
- Cornstarch [(CPBC=4T)]
- Baking Powder [(BF=2t)]
- Tahini [(BF=.25C)]
- Polenta [(TPBS=1C.)]
- 8 oz. Rice Noodles - *Fast cooking within 10 mins.* [(FCN=8oz.)]
- Red Curry Paste [(FCN=4T)]
 - ✓ **Thai Kitchen Red Curry Paste**
- Tamari [(FCN=2T)]
 - ✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(TPBS=see recipe) (CPBC=2T+2C) (FCN=1C)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**

- _____
- _____
- _____
- _____

REFRIGERATED

- 11 oz. Lite Coconut milk [(FCN=11oz.)]
- Soy Milk [(CPBC=2C)]
- Firm Tofu [(TPBS=.5C)]
- Hummus [(BF=1T)]
- Miso [(FCN=1T)]
 - ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

- Frozen corn [(CBB=.75C)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(TPBS=.25t) (CBB=2t) (BF=1.5t+dash)]
- Onion Powder [(TPBS=.25t)]
- Turmeric [(TPBS=.25t)]
- Coriander [(BF=1t)]
- Sweet Paprika [(TPBS=.25t)]
- Chili Powder [(CBB=3t)]
- Red Pepper Flake [(TPBS=dash)]
- Cumin [(CBB=1T) (BF=1T)]
- Cayenne Pepper [(CPBC=pinch)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- Tortilla Chips (of choice) [(CBB=1 large handful)]
- _____
- _____
- _____

Recipe Code: Tofu Polenta Breakfast Scramble (TPBS), Creamy Vegan Potato Broccoli Casserole (CPBC), Chili Sin Carne Buddha Bowl (CBB), Baked Falafel (BF), Fast and Easy Curry Noodles (FCN)