



MENU



BREAKFAST IDEAS

- Raspberry Chia Pudding
- Plant Yogurt w/ fruit, nuts & seeds
- _____
- _____
- _____

LUNCH IDEAS

- Quesadillas
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Roasted Brussel Sprout Salad
- Chickpea and Potato Curry
- Dragon Bowls with Miso Gravy
- Sun-Dried Tomato & Kale Pasta
- Stuffed Zucchini Boats
- _____
- _____

SNACKS IDEAS

- Oatmeal Raisin Cookies
- 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 #10 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- 2 garlic bulbs [(MEZB=7cl.) (TKP=3cl.)]
- 2 large red onion [(RBSV=1) (MEZB=.5)]
- 1 large yellow onion [(MEZB=1)]
- 1 medium yellow onion [(TKP=1)]
- 1 bunch of carrots [(VDB=amount of choice)]
- Tomatoes [(VDB=amount of choice)]
- Grape tomatoes [(MEZB=12)]
- 3 medium Russet potato [(VDB=1) (CPC=2)]
- 6 mini-English cucumbers [(RBSV=2) (MEZB=3) (VDB=amount of choice)]
- salad greens of choice [(RBSV=8oz.)]
- 2 lemons [(RBSV=1t) (MEZB=3T+1t)]
- 1 head broccoli [(VDB=amount of choice)]
- 1 head cauliflower [(VDB=amount of choice)]
- Kale [(TKP=5oz.)]
- 1 beet [(VDB=amount of choice)]
- 5 medium zucchini [(MEZB=5)]
- 10 oz. Brussel sprouts [(RBSV=10oz.)]
- Strawberries [(RBSV=3C)]
- Blueberries [(RBSV=.5C)]
- Seedless red grapes [(RBSV=1.5C)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Pepitas [(RBSV=2T)]
- Hemp Seeds [(RBSV=2T)]
- Pecans [(RBSV=.5C)]
- Dried Cranberries [(RBSV=2T)]
- White balsamic vinegar [(RBSV=1T)]
- Small brown lentils [(MEZB=.75C)]
- Brown rice [(MEZB=.5C) (CPC=1C)]
- 1 – 6 oz. can tomato paste [(MEZB=2T) (TKP=2T)]
- 1 – 15 oz. cans chickpeas [(CPC=1)]
- Nutritional Yeast [(VDB=2T) (TKP=.5C)]
- Brown Rice Flour [(VDB=2T)]
- Arrowroot powder [(VDB=1T)]
- Tahini [(MEZB=1t)]
- Unsweetened almond butter [(RBSV=1t)]
- Organic Maple Syrup [(RBSV=1T)]
- Sun-dried tomatoes (not packed in oil) [(TKP=4oz.)]
- 1 lb. pasta of choice [(TKP=1)]
- 1 – 4 oz. Red Curry Paste [(CPC=1)]
- ✓ **Thai Kitchen Red Curry Paste**

- Tamari [(VDB=2T)]
- ✓ **San J Gluten Free Low Sodium**
- 9.75 cups Vegetable broth [(MEZB=1C) (VDB=1.25C) (CPC=5C) (TKP=2.5C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- Lite Coconut milk [(CPC=1C)]
- Unsweetened Plain Plant Milk [(TKP=2.5C)]
- Unsweetened Plain Plant Yogurt [(MEZB=.33C)]
- Miso [(RBSV=2t) (VDB=2T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- Frozen peas [(CPC=.5C)]
- Frozen broccoli florets [(CPC=1C)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(RBSV=.5t) (MEZB=1t) (CPC=1t)]
- Onion Powder [(MEZB=.5t) (CPC=1t)]
- Dried Minced Onion Flakes [(MEZB=1T)]
- Dried Mint [(MEZB=2t)]
- Red Pepper Flake [(MEZB=pinch) (TKP=pinch)]
- Cumin [(MEZB=.5t)]
- Coriander [(MEZB=.25t)]
- Cinnamon [(RBSV)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- _____
- _____
- _____
- _____

Recipe Code: Roasted Brussel Sprout Salad (RBSV), Stuffed Zucchini Boats (MEZB), Vegan Chickpea and Potato Curry (CPC) Vegan Dragon Bowls with Miso Gravy (VDB), Creamy Sun-Dried Tomato & Kale Pasta (TKP)