



MENU



BREAKFAST IDEAS

- Hash Brown Potato Bowl
- English Muffin/Toast PB + Banana
- _____
- _____
- _____

LUNCH IDEAS

- Veggie Bowl with Lemon Dressing
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Buffalo Zucchini Fritters
- Vegan Cuban Picadillo
- Sesame-Crusted Carrot Falafel
- Blueberry Peach Salad
- Thai Stir Fry
- _____
- _____

SNACKS IDEAS

- Vegan Zucchini Muffins
- 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 #11 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- 1 garlic bulbs [(VCP=2cl.) (SCCF=5cl.)]
- 1 large red onion [(TSF=1)]
- 2 medium red onion [(VCP=.5) (SCCF=.5)]
- shallots [(BPS=1T) (SCCF=.25C)]
- chives [(BZF=small bunch)]
- 1 bunch of green onions [(TSF=optional topping)]
- 2 red bell peppers [(TSF=1) (VCP=1)]
- 1 orange bell peppers [(TSF=1)]
- carrots [(BZF=2) (TSF=2) (SCCF=1 lb.)]
- 1 lb. bag potatoes [(VCP=2 med.)]
- 2 cucumbers [(SCCF=.5C)]
- salad greens of choice [(BPS=8 handfuls)]
- 3 lemons [(BZF=2t) (BPS=1) (SCCF=4T)]
- broccoli [(TSF=3heads)]
- cauliflower [(TSF=1small head)]
- cilantro [(SCCF=.33C) (SCCF=.25C)]
- flat leaf parsley [(SCCF=.33C) (SCCF=.25C)]
- 1 bunch of basil [(BPS=.5C)]
- 1 red/purple cabbage head [(TSF=.5head)]
- 2 medium zucchinis [(BZF=2)]
- 3 peaches [(BPS=3)]
- blueberries [(BPS=1C)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(BPS=.5C)]
- Hazelnuts [(BPS=1C)]
- Apple Cider Vinegar [(BZF=1T+1t) (SCCF=1T)]
- 1 – 6 oz. can tomato paste [(VCP=4T)]
- 1 – 15 oz. can lentils [(VCP=1)]
- 1 – 12 oz. package soft silken tofu [(BZF=1)]
- Nutritional Yeast [(BZF=1T)]
- Brown Rice Flour [(BZF=1T)]
- Ground Flax Seed [(SCCF=2T)]
- Sesame Seeds [(SCCF=1C)]
- Hemp Seeds [(SCCF=.75C)]
- Almond Meal [(SCCF=1C)]
- Oat Flour [(SCCF=1C)]
- Tahini [(BZF=2T) (SCCF=2T)]
- Raisins [(VCP=4T)]
- Green Olives, pitted [(VCP=.5C)]
- Capers [(VCP=2T)]
- Organic Maple Syrup [(TSF=3T)]
- Red Curry Paste [(TSF=2T)]
- Thai Kitchen Red Curry Paste**

- Tamari [(TSF=2T)]
 San J Gluten Free Low Sodium
- 2 cup Vegetable broth [(VCP=2C)]
 Pacific Organic Vegetable Stock – Low Sodium
- Hot Sauce [(BZF=1T)]
 Frank's Hot Sauce
- _____
- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(BZF=2.25t) (TSF=1T)]
- Onion Powder [(BZF=.75t) (TSF=1T)]
- Dried Parsley [(BZF=.75t)]
- Dried Mustard Powder [(BZF=.25t+pinch)]
- Dried Dill Weed [(BZF=pinch)]
- Dried Oregano [(VCP=1T)]
- Smoked Paprika [(BZF=.5t) (SCCF=1t)]
- Coriander [(SCCF=1t)]
- Chili Powder [(BZF=.5t)]
- Cumin [(VCP=1T) (SCCF=2t)]
- Cayenne Pepper [(TSF=.25t) (VCP=pinch)]
- Sea Salt
- Himalayan Salt [(BPS=to taste)]
- Black Pepper
- _____
- _____

MISC:

- _____
- _____
- _____
- _____

Recipe Code: Buffalo Zucchini Fritters (BZF), Thai Stir Fry (TSF), Vegan Cuban Picadillo (VCP)
Blueberry Peach Salad (BPS), Vegan Sesame-Crusted Carrot Falafel (SCCF)