



BREAKFAST IDEAS

- Blackberry Bircher Parfait
- Rice Cake w/ PB+Banana+Cinnamon
- _____
- _____
- _____

LUNCH IDEAS

- Veggie Bowl-Jalapeno Cilantro Sauce
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Cheesy Zucchini Soup
- One Pan Mexican Quinoa
- Rosemary + Walnut Butternut Pasta
- Thai Crunch Salad
- Veggie Rice Casserole
- _____
- _____

SNACKS IDEAS

- Jalapeno Corn 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 #14 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- 2 garlic bulbs [(CZS=8cl.) (OPMQ=3cl.) (BSP=5cl.)]
- 1 small red onion [(OPMQ=1)]
- 1 medium red onion [(VRC=1)]
- 1 large yellow onion [(CZS=1)]
- 1 medium yellow onion [(BSP=1)]
- 1 bunch of green onions [(OPMQ=2onions) (TCS=2onions)]
- 1 red bell pepper [(OPMQ=1)]
- 1 orange bell peppers [(OPMQ=1)]
- carrots [(VRC=2)]
- celery [(VRC=2ribs)]
- 1 lemon [(BSP=1)]
- 2 limes [(OPMQ=1) (TCS=.5+.5)]
- 1 avocado [(OPMQ=1)]
- 1 bunch of cilantro [(TCS=.25C)]
- 1 bunch of flat leaf parsley [(OPMQ=1C)]
- fresh rosemary [(PSP=1T)]
- chopped cabbage mix [(TCS=3C)]
- 3 heads broccoli [(VRC=3)]
- white button mushrooms [(VRC=10oz.)]
- 6 medium zucchinis [(CZS=6C)]
- 1 small butternut squash [(BSP=1)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(CZS=.25C) (VRC=.25C)]
- Walnuts [(BSP=.5C)]
- Ume Plum (Vinegar) [(CZS=1T)]
- Rice Wine Vinegar [(CZS=1t)]
- Rice Vinegar [(TCS=1T)]
- 2 – 15 oz. cans crushed tomatoes [(OPMQ=2)]
- 2 – 15 oz. cans chickpeas [(BSP=2)]
- 1 – 15 oz. cans black beans [(POMQ=1)]
- Nutritional Yeast [(CZS=.25C)]
- Flour of choice [(VRC=1T)]
- Brown Rice Flour [(VRC=1C)]
- Quinoa [(OPMQ=1C)]
- Organic Maple Syrup [(TCS=2T)]
- Unsweetened Organic peanut butter [(TCS=2T)]
- Sesame seeds [(TCS=1T)]
- Coconut Aminos [(TCS=1T)]
- 1 lb. pasta of choice [(BSP=1)]
- 6.5 cups Vegetable broth [(CZS=1C) (VRC=1C) (OPMQ=1.5C) (BSP=3C)]
- Pacific Organic Vegetable Stock – Low Sodium**

- _____
- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened plain plant milk [(CZS=.25C) (VRC=.25C)]
- Vegan Cream Cheese [(CZS=2T - Optional)]
 Kite Hill Cream Cheese
- _____
- _____
- _____
- _____
- _____

FROZEN

- Frozen corn [(OPMQ=2C)]
- Frozen edamame [(TCS=1C)]
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(CZS=.5t) (VRC=.5t) (TCS=1t)]
- Onion Powder [(CZS=.5t) (VRC=.5t)]
- Dried Thyme [(CZS=.25t) (VRC=.25t)]
- Rubbed ground sage [(VRC=pinch)]
- Sweet Paprika [(CZS=.5t)]
- Smoked Paprika [(OPMQ=1T)]
- Red Pepper Flake [(OPMQ to taste) (BSP=.25t)]
- Cumin [(OPMQ=.5T)]
- Freeze Dried Shallots [(VRC=1T – optional)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____
- _____

MISC:

- _____
- _____
- _____
- _____
- _____

Recipe Code: Vegan Cheesy Zucchini Soup (CZS), Veggie Rice Casserole (VRC), One Pan Mexican Quinoa (OPMQ), Thai Crunch Salad (TCS), Vegan Rosemary and Walnut Butternut Squash Baked Pasta (BSP)