



MENU



BREAKFAST IDEAS

- Breakfast Quinoa Bowl
- GF Toast/English Muffin w/ PB+J
- _____
- _____
- _____

LUNCH IDEAS

- Moroccan Carrot Quinoa Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Basil Pasta Sauce w/ Chickpeas
- Healthy Vegan Meatballs
- Zucchini Roll-Ups
- Chana Marsala
- Mushroom and Wild Rice Soup
- _____
- _____

SNACKS IDEAS

- Cornmeal Crusted Baked 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 #15 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- 2 garlic bulbs [(MWRS=1bulb) (HVM=2cl.) (PPZR=2cl.) (CM=8cl.)]
- 1 large yellow onion [(MWRS=1)]
- 3 medium yellow onion [(CM=2.5C)]
- ginger [(CM=2T)]
- celery [(MWRS=2 ribs)]
- carrots [(MWRS=3)]
- baby spinach [(PPZR=3C) (CM=4C)]
- 1 lemon [(MWRS=2t) (CM=4t)]
- 1 bunch of cilantro [(CM=.33C)]
- 1 bunch of basil [(BPRC=.5C +) (PPZR=.25C)]
- 3 medium zucchinis [(PPZR=3)]
- white button mushrooms [(MWRS=1lb.)]
- cremini mushrooms [(MWRS=8oz.)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(PPZR=1C)]
- 1 – 6 oz. can tomato paste [(HVM=2T)]
- Marinara Sauce [(PPZR=3C)]
- 2 – 26.46 oz. **Pomi** Strained Tomatoes [(BPRC=2)]
- 1 – 32 oz. can tomatoes [(CM=1)]
- 4 – 15 oz. cans chickpeas [(BPRC=1) (CM=3)]
- 1 – 14 oz. can lentils [(HVM=1)]
- Nutritional Yeast [(MWRS=1T) (HVM=3T) (PPZR=2T)]
- Brown Rice Flour [(HVM=1T)]
- Flour (MWRS=2T of choice)
- 1 lb. pasta of choice [(BPRC=1lb.)]
- Rolled Oats [(HVM=1C)]
- Wild Rice [(MWRS=1C)]
- Brown Rice [(MWRS=.5C)]
- Mustard Sauce [(HVM=1T)]
- Barbecue Sauce [(HVM=1T)]
- 1 – 12 oz. package firm or extra firm tofu (PPZR=1)]
- Reduced Fat Coconut Milk [(CM=1C)]
- Tamari [(HVM=1T)]
 - ✓ **San J Gluten Free Low Sodium**
- 3 cups Mushroom broth [(MWRS=3C)]
 - ✓ **Pacific Organic Mushroom Broth**
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant milk [(MWRS=2C) (HVM=1.5C)]
- Vegan Cream Cheese [(BPRC=.5C)]
 - ✓ **Kite Hill Cream Cheese**
- Miso [(HVM=1T) (PPZR=1t)]
 - ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(BPRC=1t)]
- Onion Powder [(BPRC=1t)]
- Dried Minced Onions [(BPRC=2T) (HVM=2T)]
- Coriander Seeds [(CM=2t)]
- Cumin Seeds [(CM=1.5t)]
- Bay Leaves [(MWRS=2 leaves)]
- Thyme [(MWRS=.5t)]
- Sweet Paprika [(MWRS=.5t) (BPRC=sprinkle)]
- Tarragon [(MWRS=.75t)]
- Rosemary [(WRMS=pinch)]
- Smoked Paprika [(HVM=1t)]
- Red Pepper Flake [(WRMS=pinch) (BPRC=sprinkle)]
- Mustard [(HVM=1T)]
- Cayenne Pepper [(BPRC=sprinkle) (CM=pinch)]
- Turmeric [(CM=1t)]
- Cinnamon [(CM=1.5T)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- White wine (of choice) [(MWRS=1C)]
- _____
- _____
- _____
- _____
- _____

Recipe Code: Easy Basil Pasta Sauce topped with Roasted Chickpeas (BPRC), Healthy Vegan Meatballs (HVM), Protein-Packed Zucchini Roll-Ups (PPZR), Chana Marsala (CM), Creamy Mushroom and Wild Rice Soup (MWRS)