



MENU



BREAKFAST IDEAS

- Turmeric Oatmeal Bowl
- Sauteed Veggies in tortilla wrap
- _____
- _____
- _____

LUNCH IDEAS

- Yum Yum Dressing Veggie Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Healthy Mexican Fried Rice
- Vegan Ramen w/ Caramelized Veggies
- Carrot & Zucchini Pasta
- Vegan Pumpkin Soup
- Old Fashioned Stuffed Peppers
- _____
- _____

SNACKS IDEAS

- Vegan Pumpkin Pie Crumble
- 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 #20 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- 3 garlic bulbs [(MFR=5cl.) (HVR=5cl.) (CZP=3cl.) (VPS=3cl.)]
- 1 medium red onion [(MFR=.5)]
- 2 large yellow onions [(HVR=1) (SP=1)]
- 1 medium yellow onion [(VPS=1)]
- 1 bunch of green onions [(HVR=optional topping) (VPS=2)]
- 6 green bell peppers [(SP=6)]
- 1 red bell pepper [(MFR=1)]
- 1 orange bell pepper [(MFR=1)]
- 1 yellow bell pepper [(MFR=1)]
- 1 large jalapeno pepper [(MFR=1)]
- Carrots [(HVR=2) (CZP=2) (VPS=1)]
- Celery [(VPS=2 ribs) (SP=1)]
- Potato [(VPS=1)]
- 1 cucumber [(CZP=1)]
- baby spinach [(HVR=1C)]
- 1 lemon [(CZP=1)]
- 1 avocado [(CZP=1)]
- 3 zucchinis [(CZP=3)]
- Ginger root [(HVR=3inch piece)]
- Mushrooms [(HVR=.5C)]
- Microgreens of choice [(CZP=optional topping)]
- Pumpkin [(VPS=4C)]
- Yams – Yellow or White [(VPS=1 pound)]
- 1 medium chocho [(VPS=1)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- 1 – 8 oz. can tomato sauce [(SP=1)]
- 2 – 14 oz. can petite diced tomatoes [(SP=2)]
- 1 – 15 oz. cans black beans [(MFR=1)]
- Dry Small Brown Lentils or Green Lentils [(SP=2C)]
- Lite coconut milk [(VPS=1C)]
- Dry Brown Rice [(MFR=1.5C)]
- Dry Rice of Choice [(SP=2C)]
- Flour of choice [(VPS=.5C)]
- Salsa of choice [(MFR=1C)]
- Ramen or Noodles of choice [(HVR)]
- Sriracha Sauce of choice [(HVR=optional topping)]
- Tamari [(HVR=2T)]
- San J Gluten Free Low Sodium**
- 11 cups Vegetable broth [(HVR=5C) (VPS=6C)]
- Pacific Organic Vegetable Stock – Low Sodium**

- _____
- _____
- _____
- _____

REFRIGERATED

- Miso [(HVR=1T)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN

- Frozen corn [(MFR=.25C)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(MFR=.5t) (HVR=1t) (SP=2t)]
- Onion Powder [(MFR=.5t) (HVR=1t) (SP=2t)]
- Dried Oregano [(SP=1t)]
- Dried Basil [(SP=1t)]
- Thyme [(VPS=.25t)]
- Smoked Paprika [(MFR=.5t)]
- Chili Powder [(MFR=.5t)]
- Chipotle Powder [(MFR=.25t)]
- Cumin [(MFR=.25t)]
- Coriander [(MFR=.25t)]
- Allspice [(VPS=.25t)]
- Cayenne Pepper [(VPS=.25t)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

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

Recipe Code: Mexican Fried Rice (MFR), Healthy Vegan Ramen (HVR), Old Fashioned Stuffed Peppers (SP), Carrot and Zucchini Pasta with Avocado Cucumber Sauce (CZP), Vegan Pumpkin Soup (VPS)