Whole Food Plant Based

#23

MENU

Monkey & Me kitchen adventures

BREAKFAST IDEAS

- Slow Cooker Banana Nut Oatmeal
- Roasted Potatoes Veggie Wrap
- _____
- _____
- _____

LUNCH IDEAS

- Simple Vegan Spinach Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Cabbage Potato Bean Soup
- “Eat Your Greens” Pasta Salad
- Maple Walnut Dressing Salad
- Spicy Lentil Dahl
- Tex-Mex Chili Mac
- _____
- _____

SNACKS IDEAS

- Healthy Vegan Pumpkin Muffins
- Fruits and Veggies
- _____
- _____
- _____

Notes:

Whole Food Plant Based

INSTRUCTIONS

Monkey & Me kitchen adventures

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 #23 Shopping List **www.monkeyandmekitchenadventures.com**

PRODUCE

- ☐ 2 garlic bulbs [(CPBS=5cl.) (TMCM=8cl.) (SLD=3cl.)]
- ☐ White onion [(SLD=1C)]
- ☐ 1 small red onion [(PS=.5)]
- ☐ 1 large yellow onion [(TMCM=1)]
- ☐ 1 medium yellow onion [(CPBS=1)]
- ☐ 1 bunch of green onions [(TMCM=optional)]
- ☐ Ginger [(SLD=1 inch)]
- ☐ 1 green bell pepper [(TMCM=1)]
- ☐ 1 red bell pepper [(TMCM=1)]
- ☐ 2 jalapeno peppers [(TMCM=2)]
- ☐ Carrots [(CPBS=2) (MWD=optional)]
- ☐ Celery [(CPBS=2ribs)]
- ☐ Cucumbers [(MWD=optional)]
- ☐ Beets [(MWD=optional)]
- ☐ Tomatoes [(TMCM=optional)]
- ☐ 6 large white potatoes [(CPBS=6)]
- ☐ salad greens of choice [(MWD=optional)]
- ☐ baby spinach [(PS=4C)]
- ☐ 1 lemon [(MWD=1) (PS=.5)]
- ☐ 1 medium sweet potato [(MWD=optional)]
- ☐ 1 avocado [(TMCM=1 optional)]
- ☐ 1 bunch of cilantro [(TMCM=optional)]
- ☐ 1 small green cabbage [(CPBS=.5)]
- ☐ Asparagus [(PS=1lb.)]
- ☐ Apples [(MWD=optional)]
- ☐ Pomegranate [(MWD=optional)]
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Walnuts [(MWD=.25C)]
- ☐ Pine nuts [(PS=.25C)]
- ☐ Hemp Seeds [(MWD=optional)]
- ☐ Pumpkin seeds [(MWD=optional)]
- ☐ Red Wine Vinegar [(MWD=3T)]
- ☐ Apple Cider Vinegar [(PS=2T)]
- ☐ Ume Plum Vinegar [(CPBS=1T) (MWD=1T)]
- ☐ 1 – 6 oz. can tomato paste [(SLD=2T)]
- ☐ 1 – 8 oz. can tomato sauce [(CPBS=.33C)]
- ☐ Organic tomato juice [(TMCM=4C)]
- ☐ 1 – 15 oz. cans cannellini beans [(CPBS=1)]
- ☐ 1 – 15 oz. cans black beans [(TMCM=1)]
- ☐ 1 – 15 oz. cans pinto beans [(TMCM=1)]
- ☐ Dried Red Lentils [(SLD=1C)]
- ☐ Nutritional Yeast [(TMCM=2T)]
- ☐ Tahini [(MWD=2T) (PS=.25C)]
- ☐ Organic Maple Syrup [(TMCM=2t) (MWD=3T)]
- ☐ Brown Rice Syrup [(PS=.25t)]
- ☐ 2 cups elbow pasta of choice [(TMCM=2C)]
- ☐ 8 oz. fusilli or curly pasta [(PS=8oz.)]
- ☐ Liquid Smoke [(CBPS=1.5t)]
- ☐ Dijon Mustard [(PS=1t)]
- ☐ 7 cups Vegetable broth [(CPBS=2C) (TMCM=1) (SLD=4C)]
  - ✓ ***Pacific Organic Vegetable Stock – Low Sodium***
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Unsweetened, plain plant milk [(PS=.25C)]
- ☐ Miso [(CPBS=1T) (MWD=1T)]
  - ✓ ***Miso Master Organic Mellow White***
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ Frozen corn [(TMCM=1.5C)]
- ☐ Frozen peas [(PS=1C)]
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Garlic Powder [(CPBS=1t) (TMCM=1t) (MWD=.5t)]
- ☐ Onion Powder [(CPBS=1t) (TMCM=1t) (MWD=.5t)]
- ☐ Dried Minced Onions [(CPBS=2T) (MWD=1T)]
- ☐ Fennel – Crushed [(CPBS=.25t)]
- ☐ Sweet Paprika [(CPBS=.5t)]
- ☐ Smoked Paprika [(CPBS=1t) (TMCM=1t)]
- ☐ Chipotle Powder [(TMCM=.25t)]
- ☐ Chili Powder – regular/mild [(TMCM=1T)]
- ☐ Red Pepper Flake [(CPBS=pinch)]
- ☐ Cumin [(TMCM=1t) (SLD=1t)]
- ☐ Coriander [(SLD=1t)]
- ☐ Turmeric [(SLD=1t)]
- ☐ Cardamom [(SLD=.25t)]
- ☐ Ground Mustard [(MWD=.25t)]
- ☐ Cayenne Pepper [(PS=dash) (SLD=.5t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ _____

MISC:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Cabbage Potato Bean Soup (CPBS), Tex-Mex Chili Mac (TMCM), Oil Free Maple Walnut Dressing (MWD), "Eat Your Greens" Pasta Salad (PS), Spicy Lentil Dahl (SLD)