



BREAKFAST IDEAS

- Baked Vegan Pancake w/ Plums
- Granola, Fruit, & Plant Yogurt
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Spring Rolls
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Korean BBQ Cauliflower
- Vegan Tacos w/ Cilantro Lime Sauce
- Catalina Dressing Veggie Bowl
- Sun-Dried Spaghetti Squash
- Vegan Broccoli Cheese Soup
- _____
- _____

SNACKS IDEAS

- Glazed Pecan Sweet Potato
- 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 #22 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- 2 garlic bulbs [(KBC=5cl.) (BCS=5cl.) (SS=1cl)]
- Yellow sweet onion [(SS=.5C)]
- 1 medium yellow onion [(T=amount of choice)]
- 3 medium leeks [(BCS=3)]
- 4 green onions [(KBC=4)]
- Fresh ginger [(KBC=.5t)]
- Celery [(BCS=2 ribs)]
- Tomatoes [(CD=amount of choice)]
- All-purpose potatoes [(BCS=6)]
- Mini-English cucumbers [(CD=amount of choice)]
- Carrots [(CD=amount of choice)]
- 1 medium cauliflower [(KBC=1)]
- salad greens of choice [(CD=amount of choice)]
- baby spinach [(KBC=3C) (SS=2C)]
- Radishes [(CD=amount of choice)]
- 1 lemon [(CD=1)]
- 3 limes [(T=3)]
- 1 avocado [(SS=1)]
- 1 bunch of cilantro [(T=amount of choice)]
- 1 purple cabbage [(CD=amount of choice)]
- Broccoli [(BCS=4C)]
- 1 small spaghetti squash [(SS=1)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(BCS=.5C) (T=.5C)]
- Sesame Seeds [(KBC=1T+)]
- Rice Wine Vinegar [(CD=.5C)]
- Ume Plum Vinegar [(CD=1T) (BCS=1T)]
- 1 – 6 oz. can tomato paste [(CD=2T)]
- 2 – 15 oz. cans pinto beans [(T=2)]
- 1 – 16 oz. cans kidney beans [(CD=amount of choice)]
- 1 – 15 oz. cans chickpeas [(SS=.33C)]
- 1 – 14 oz. can artichoke hearts [(SS=1)]
- Nutritional Yeast [(BCS=4T) (T=1t)]
- Rice of Choice [(T=.5C cooked)]
- Cornstarch [(KBC=1T)]
- Tahini [(CD=2T)]
- Organic Maple Syrup [(KBC=3T) (CD=4T) (T=.25t)]
- Pasta of choice [(CD=optional)]
- Sundried tomatoes [(SS=.33C)]
- Spaghetti Sauce [(SS=.25C)]
- Tamari [(KBC=.25C)]
- San J Gluten Free Low Sodium**

- 3 cups Vegetable broth [(BCS=2C) (T=1)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

REFRIGERATED

- Unsweetened, plain plant milk [(BCS=1C) (T=.25C)]
- Miso [(KBC=1T) (CD=2T) (BCS=1T)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(CD=1t) (BCS=1t) (T=.75t)]
- Garlic Salt [(SS=1t)]
- Onion Powder [(CD=1t) (BCS=1t) (T=2t)]
- Dried Minced Onion Flakes [(CD=2T) (BCS=2T)]
- Dried Basil [(SS=3t)]
- Dried Thyme [(BSC=dash)]
- Sweet Paprika [(CD=1t) (BCS=.5t) (T=.5t)]
- Celery Seeds [(CD=dash)]
- Ground Mustard [(CD=.25t)]
- Smoked Paprika [(T=.5t)]
- Chili Powder [(CD=.25t) (T=.25t)]
- Red Pepper Flake [(KBC=.25t) (SS=pinch)]
- Cumin [(T=.5t)]
- Cayenne Pepper [(T=to taste)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- Corn Tortillas (of choice) [(T=10)]
- _____
- _____
- _____
- _____

Recipe Code: Vegan Korean BBQ Cauliflower (KBC), Oil Free Catalina Dressing (CD), Vegan Broccoli Cheese Soup (BCS), Vegan Tacos with Cilantro Lime Sauce (T), Sun-Dried Artichoke Spaghetti Squash (SS)