



BREAKFAST IDEAS

- Vegan Bircher Bowl
- Sweet Potato Toast w/ BP+J
- _____
- _____
- _____

LUNCH IDEAS

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

DINNER IDEAS

- Potatoes, Lentils and Dill Sauce
- Vegan Hungarian Goulash
- Vegan Egg Roll Stir Fry
- Beetroot & Leek Gratin
- Sweet Potato Black Bean Taquitos
- _____
- _____

SNACKS IDEAS

- Peach Blueberry Biscuit Cobbler
- 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 #28 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- 2 garlic bulbs [(ER=8cl.) (BLG=5cl.) (HG=3cl.)]
- 1 red onion [(ER=1)]
- 2 large white onions [(HG=2)]
- Green onions [(ER=optional topping)]
- 1 red bell pepper [(HG=1)]
- Carrots [(ER=4)]
- lemons [(PLD=2T)]
- Limes [(BBT=1T)]
- Cilantro [(BBT=optional) (BBT=.5C)]
- Fresh Dill [(PLD=4T)]
- Fresh Thyme Sprigs [(BLG=5)]
- 1 small green cabbage [(ER=1)]
- Red Baby Potatoes [(PLD=1.5 lbs.)]
- White Baby Potatoes [(PLD=1.5 lbs.)]
- Fresh Ginger [(ER=.5t)]
- Sweet Potatoes [(BBT=2)]
- Beetroots [(BLG=4 large)]
- Leeks [(BLG=2 large)]
- Baby Bella Mushrooms [(HG=1C)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Sesame Seeds [(ER=2T)]
- Cashews (raw) [(BLG=.5C) (BBT=.33C)]
- White Wine Vinegar [(PLD=6T)]
- Rice Wine Vinegar [(ER=1T)]
- 2 – 8 oz. can tomato sauce [(HG=2)]
- 1 – 14 oz. can fire roasted petite diced tomatoes [(HG=1)]
- 1 – 15 oz. cans black beans [(BBT=1)]
- Dried Small Brown Lentils [(PLD=1C) (HG=1C)]
- 1 – 14 oz. can Coconut milk [(BLG=1)]
- Nutritional Yeast [(BLG=2T)]
- Whole Grain Mustard [(BLG=2T)]
- Chipotle Pepper in Adobo Sauce [(HG=1T)]
- Pickled Jalapenos [(BBT=.5C)]
- Vegan Worcestershire Sauce [(HG=1T)]
- Tahini [(PLD=2T+1t)]
- Organic Maple Syrup [(PLD=2T) (ER=5t)]
- Elbow Macaroni pasta of choice [(HG=2.5C)]
- Tamari [(ER=.25C+1T) (HG=3T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(PLD=.5C) (HG=3C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____

- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Yogurt [(BBT=3T)]
- Miso [(PLD=1T) (ER=1T)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN

- Frozen Edamame [(ER=.66C)]
- Frozen Peas [(ER=.66C)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(PLD=4t) (ER=.5t) (HG=2t) (BBT=.25t)]
- Onion Powder [(PLD=2t) (ER=.5t) (BBT=.25t)]
- Bay Leaves [(BLG=2) (HG=2)]
- Dried Minced Onion Flakes [(PLD=1T+2t)]
- Ground Mustard [(PLD=1.5t)]
- Sweet Paprika [(PLD=1t) (BBT=.5t)]
- Smoked Paprika [(BBT=.25t)]
- Chili Powder [(BBT=.75t)]
- Red Pepper Flake [(ER=.25t)]
- Cayenne Pepper [(BBT=sprinkle)]
- Italian Seasoning [(HG=2T)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- Flour Tortillas (of choice) [(BBT=8)]
- _____
- _____
- _____
- _____
- _____

Recipe Code: Roasted Potatoes with Seasoned Lentils and Dill Sauce (PLD), Vegan Egg Roll Stir Fry (ER), Sweet Potato Black Bean Taquitos (BBT), Beetroot & Leek Gratin (BLG), Vegan Hungarian Goulash (HG)