



MENU



BREAKFAST IDEAS

- Overnight Breakfast Cookie
- Roasted Veggie Wrap w/ Salsa
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Greek Chickpea Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Veggie Miso Soup
- Easy Burrito Bowl
- Sundried Tomato Basil Sauce
- Turmeric Acorn Squash Soup
- Moroccan Spiced Chickpeas
- _____
- _____

SNACKS IDEAS

- Rosemary Potatoes w/ Sauce
- 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 #29 Shopping List

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PRODUCE

- 2 garlic bulbs [(MSP=5 cl.) (MS=5 cl.) (BB=1 cl.)]
- 1 small yellow onion [(TAS=1)]
- 1 medium yellow onion [(MSP=1)]
- 1 bunch of green onions [(MS=3) (BB=desired amount)]
- Ginger [(MSP=3 in.) (MS=4 in.)]
- 2 red bell peppers [(MSP=1) (MS=1) (BB=desired amount)]
- carrots [(MSP=1) (MS=1) (TAS=2)]
- salad greens of choice [(BB=desired amount)]
- baby spinach [(MSP=2C) (ST=1C)]
- lemons [(MSP=1t) (ST=1t) (BB=.5)]
- sweet potatoes [(MSP=amount of choice)]
- acorn squash [(TAS=1)]
- avocados [(BB=desired amount)]
- cilantro [(MSP=optional topping) (BB=desired amount)]
- basil [(ST=.25C)]
- dill [(BB=1t)]
- 1 bunch of snow pea pods [(MS=1C)]
- Greens Blend or Napa Cabbage [(MS=2C)]
- Button mushrooms [(MS=4 oz.)]
- Apple [(TAS=.5)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Hemp Seeds [(BB=.5C)]
- Slivered Almonds [(ST=1C)]
- Apple Cider Vinegar [(BB=1T)]
- Rice Vinegar [(MS=1T)]
- Sundried Tomatoes [(ST=6)]
 - Mediterranean Organic Sundried Roman Tomatoes**
- Chili Garlic Sauce [(MS=1)]
 - Huy Fong Chili Garlic Sauce**
- 1 – 6 oz. can tomato paste [(MSP=2T)]
- 1 – 15 oz. cans chickpeas [(MSP=1)]
- 1 – 15 oz. cans black beans [(BB=desired amount)]
- Salsa [(BB=desired amount)]
- Brown Rice [(BB=desired amount)]
- Tahini [(MSP=2t)]
- Organic Maple Syrup [(MS=.5t)]
- Agave nectar [(BB=1t)]
- 1 lb. pasta of choice [(ST=1)]
- Asian Noodles of choice [(MS= 8oz.)]
- 1 – 15 oz. can unsweetened coconut milk [(TAS=1)]
- Hot Sauce [(BB=desired amount)]

- Mushroom broth [(MS=4C)]
 - Pacific Organic Mushroom Stock**
- Tamari [(MS=4T)]
 - San J Gluten Free Low Sodium**
- Vegetable broth [(MSP=.5C) (MS=.5C) (ST=.25C) (TAS=1C)]
 - Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Yogurt [(MSP=.5C)]
- Unsweetened Plain Plant Milk [(ST=.5C)]
- White Miso [(MSP=2t)]
 - Miso Master Organic Mellow White**
- Red Miso [(MS=2T)]
 - Miso Master Organic Red**
- _____
- _____
- _____

FROZEN

- Frozen Edamame [(MS=1C)]
- Frozen Corn [(BB=desired amount)]
- _____
- _____

SPICES USED:

- Garlic Powder [(MSP=1.75t) (ST=1t) (TAS=.5t)]
- Onion Powder [(MSP=.15t) (ST=.5t) (TAS=.5t)]
- Dried Minced Onion Flakes [(MSP=1T) (MS=1T)]
- Ground Ginger [(TAS=1t)]
- Sweet Paprika [(MSP=.25t)]
- Smoked Paprika [(MSP=.25t)]
- Coriander [(MSP=pinch)]
- Turmeric [(MSP=pinch) (TAS=1t)]
- Chili Powder [(MSP=.5t)]
- Cumin [(MSP=.25t)]
- Cayenne Pepper [(MSP=.25t)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- _____
- _____
- _____

Recipe Code: Moroccan Spiced Chickpeas and Garlic Sauce (MSP), Vegan Veggie Miso Soup (MS), Fast and Easy Sundried Tomato Basil Sauce (ST), Cleansing Turmeric Acorn Squash Soup (TAS), Easy Burrito Bowl (BB)