



# MENU



## BREAKFAST IDEAS

- Vegan Cornmeal Pankcakes
- Sweet Potato Toast w/ PB

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Mediterranean Wrap
- Dinner Leftovers

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan Kung Pao Noodles
- Mushroom Millet Burgers
- Cajun Black Eyed Pea Stew
- Kale and Sweet Potato Dahl
- Lentil Tortilla Stew

- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Cranberry Jalapeno Hot Pepper Jelly
- 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 #30 Shopping List

www.monkeyandmekitchenadventures.com

### PRODUCE

- ☐ 3 garlic bulbs [(KP=5cl.) (CP=5cl.) (SPD=4cl.) (MMB=5cl.)]
- ☐ 1 medium red onion [(KP=1)]
- ☐ 3 large yellow onion [(CP=2) (MMB=1)]
- ☐ 2 medium yellow onion [(LT=1) (SPD=1)]
- ☐ green onions [(KP=optional topping) (CP=1)]
- ☐ Ginger [(KP=3 in.) (SPD=1 in.)]
- ☐ 2 green bell pepper [(KP=2)]
- ☐ 2 red bell pepper [(KP=1) (LT=1)]
- ☐ Celery [(CP=4 ribs)]
- ☐ 2 medium sweet potatoes [(SPD=2)]
- ☐ baby spinach [(CP=3C)]
- ☐ 1 avocado [(LT=1)]
- ☐ Kale [(SPD=1C)]
- ☐ Button mushrooms [(MMB=8C)]
- ☐ Fresh Thyme [(MMB=1.5T)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### DRY/CANNED/JARRED GOODS

- ☐ Peanuts [(KP=1C)]
- ☐ Toasted Sesame Seeds (or raw) [(KP=2T)]
- ☐ Rice Vinegar [(KP=2T)]
- ☐ 1 – 6 oz. can tomato paste [(CP=2T) (LT=1T)]
- ☐ 1 – 8 oz. can tomato sauce [(LT=1T)]
- ☐ 2 – 15 oz. cans black beans [(LT=2)]
- ☐ Dried black-eyed peas [(CP=2C)]
- ☐ Dried Brown or Green Lentils [(LT=.75C)]
- ☐ Split Red Lentils [(SPD=1C)]
- ☐ Millet [(MMB=2C)]
- ☐ White Rice Flour [(MMB=.66C)]
- ☐ Cornstarch [(KP=1T) (CP=1T)]
- ☐ Tahini [(KP=.25C)]
- ☐ Organic Maple Syrup [(KP=2T) (CP=2t)]
- ☐ Dijon Mustard [(MMB=1t)]
- ☐ Molasses [(KP=2t)]
- ☐ 4 oz. can mild green chilies [(LT=1)]
- ☐ 8 oz. Pad Thai Brown Rice Noodles (or other *Fast cooking noodles*) [(KP=1)]
- ☐ Sundried Tomatoes [(SPD=8)]
- ☐ Tamari [(MMB=1T)]
- ☒ **San J Gluten Free Low Sodium**
- ☐ Vegetable broth [(CP=4.25C) (LT=1.5C)]
- ☒ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ \_\_\_\_\_

### REFRIGERATED

- ☐ Miso [(KP=1T)]
- ☒ **Miso Master Organic Mellow White**
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### FROZEN

- ☐ Frozen Corn [(LT=1C)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### SPICES USED:

- ☐ Garlic Powder [(CP=1t) (LT=1t)]
- ☐ Onion Powder [(CP=1t)]
- ☐ Dried Minced Onion Flakes [(CP=2T) (LT=2T)]
- ☐ Dried Oregano (Mexican) [(LT=.25t)]
- ☐ Dried Thyme [(CP=.5t)]
- ☐ Dried Parsley [(CP=1t)]
- ☐ Bay Leaves [(CP=2)]
- ☐ Sweet Paprika [(CP=1t)]
- ☐ Smoked Paprika [(CP=1) (LT=1T)]
- ☐ Chili Powder [(LT=2t)]
- ☐ Red Pepper Flake [(KP=optional topping)]
- ☐ Cumin [(CP=.25t) (LT=1t)]
- ☐ Dried Dill Weed [(CP=.25t)]
- ☐ Garam Masala [(SPD=1t)]
- ☐ Turmeric [(SPD=.5t)]
- ☐ Coriander [(MMB=2t)]
- ☐ Cayenne Pepper [(CP=dash) (LT=dash) (SPD=.5t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### MISC:

- ☐ Chili Garlic Paste [(KP=1.5t)]
- ☒ **Huy Fong Chili Garlic Paste**
- ☐ Corn Tortillas [(LT=8)]
- ☐ Burger Buns of choice [(MMB)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**Recipe Code:** Vegan Kung Pao Noodles (KP), Cajun Black Eyed Pea Stew (CP), Lentil Tortilla Stew (LT), Kale and Sweet Potato Dahl (SPD), Mushroom Millet Burgers (MMB)