



MENU



BREAKFAST IDEAS

- Maple Pumpkin Overnight Oats
- Roasted Veggie & Hummus Wrap
- _____
- _____
- _____

LUNCH IDEAS

- Mongolian Mushroom & Onion Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Ethiopian Yellow Spit Pea Stew
- Taco Stuffed Sweet Potatoes
- Veggie Bowl w/ Catalina Dressing
- Roasted Red Pepper Alfredo
- Moroccan Soy Curl Stew
- _____
- _____

SNACKS IDEAS

- Spiced Candied Cashews
- 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:
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 #37 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- garlic bulbs [(SP=8cl.) (MSC=8cl.) (RR=3cl.)]
- ginger [(SP=1T)]
- medium red onion [(MSC=1)]
- medium yellow onion [(SP=1)]
- red bell pepper [(MSC=1)]
- jalapeno pepper [(SP=2) (TSS=optional)]
- carrots [(MSC=1)]
- salad greens of choice [(CD)]
- lemon [(MSC=1optional) (CD=2t) (RR=4T)]
- lime [(TSS=2T+3T)]
- small sweet potato [(MSC=1)]
- medium sweet potatoes [(TSS=6)]
- avocado [(TSS=2)]
- cilantro [(MSC=optional) (TSS=1C)]
- basil [(RR=1C)]
- small purple cabbage [(TSS=1)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Quinoa [(MSC=1C)]
- Roasted Almonds [(RR=.5C)]
- Pecans [(TSS=.5C)]
- Dried Apricots [(MSC=4)]
- Raisins [(MSC=1T)]
- Rice Wine Vinegar [(CD=.5C)]
- Ume Plum Vinegar [(CD=1T)]
- Tomato paste [(MSC=2T) (CD=2T)]
- 1 – 14.5 oz. can fire roasted petite diced tomatoes [(MSC=1)]
- 15 oz. cans chickpeas [(TSS=2)]
- Dry yellow split peas [(SP-1.5C)]
- Nutritional Yeast [(RR=3T)]
- Tahini [(CD=2T)]
- Organic Maple Syrup [(CD=4T) (TSS=1t)]
- 1 lb. pasta of choice - Fettuccini [(RR=1)]
- Rice of choice [(SP)]
- Salsa of choice [(TSS)]
- Jarred Roasted Red Peppers [(RR=1C)]
- Soy Curls [(MSC=1.5C)]
 - ✓ **Butler 100% Organic Soy Curls**
- Tamari [(MSC=1T)]
 - ✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(SP=2C) (MSC=1.5C)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**

- _____
- _____
- _____

REFRIGERATED

- Miso [(CD=2T)]
 - ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- Frozen peas [(MSC=.5C)]
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(SP=2t) (MSC=.5t) (CD=1t) (TSS=1.25t)]
- Onion Powder [(SP=1t) (MSC=.5t) (CD=1t) (TSS=.5t)]
- Dried Minced Onion Flakes [(SP=2T) (MSC=1T) (CD=2T)]
- Turmeric [(SP=.5t)]
- Coriander [(SP=.25t) (MSC=.75t)]
- Cinnamon [(MSC=pinch)]
- Dried Oregano [(TSS=1t)]
- Ground Mustard [(CD=.25t)]
- Sweet Paprika [(CD=1t)]
- Smoked Paprika [(MSC=1t) (TSS=.5t)]
- Chili Powder [(CD=.25t) (TSS=2T)]
- Red Pepper Flake [(RR=pinch)]
- Cumin [(SP=pinch) (MSC=1t) (TSS=4t)]
- Cayenne Pepper [(MSC=.25t) (TSS=.25t)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- _____
- _____
- _____
- _____
- _____

Recipe Code: Ethiopian Yellow Split Pea Stew (SP), Moroccan Soy Curl Stew (MSC), Oil Free Catalina Dressing (CD), Vegan Taco Stuffed Sweet Potatoes (TSS), Vegan Roasted Red Pepper Alfredo (RR)