



MENU



BREAKFAST IDEAS

- Toasted Pepita Breakfast Hash
- Sweet Potato Toast w/ PB & J
- _____
- _____
- _____

LUNCH IDEAS

- Roasted Fajita Vegetable Bowls
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- 1-Bowl Pizza Frittata
- Vegan Biscuit Pot Pie
- Vegan Linguini with Clam Sauce
- Powerhouse Kale Salad
- Sundried Tomato Potato Soup
- _____
- _____

SNACKS IDEAS

- Fiesta Salad
- 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 #35 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- garlic bulbs [(CS=8cl.) (PP=8cl.) (TPS=8cl.) (PF=6cl.)]
- medium yellow onion [(CS=1) (PP=1) (TPS=1) (PF=.25C)]
- kohlrabi [(KS=1)]
- red bell pepper [(PF=.5) (KS=1)]
- spinach [(PF=3C)]
- lemon [(KS=1) (PF=1)]
- Russet potatoes [(PP=1.5C)]
- baby potatoes [(TPS=12)]
- fresh basil [(PF=.25C + 1.5C)]
- fresh oregano leaves [(PF=3T)]
- baby kale [(TPS=4C)]
- kale [(KS=6C)]
- broccoli [(KS=1C)]
- apple [(KS=1)]
- orange [(KS=1)]
- goji berries [(KS=.5C)]
- celery ribs [(PP=2)]
- button mushrooms [(CS=4 oz.)]
- Cremini mushrooms [(CS=4 oz.)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Quinoa [(KS=1C)]
- Walnuts [(KS=.5C)]
- Pine nuts (raw) [(PF=1C)]
- Almond Butter [(PP=.5C)]
- White Wine Vinegar [(KS=3T)]
- Apple Cider Vinegar [(PP=1T)]
- tomato paste [(CS=2T)]
- 14.5 oz. can petite diced tomatoes [(TPS=1)]
- 14.5 oz. can fire roasted petite diced tomatoes [(PF=1)]
- 15 oz. can cannellini beans [(PP=1) (TPS=1)]
- Nutritional Yeast [(PF=.5C + 3T) (KS=.25C)]
- Brown Rice Flour [(PP=.5C)]
- Flour of choice [(PP=3T)]
- Almond Flour [(PP=1C)]
- Chickpea Flour [(PF=1C)]
- Rolled Oats [(PP=.5C)]
- Flax meal [(PP=1T) (PF=1T)]
- Sundried Tomatoes-no oil [(TPS=6) (PF=1C)]
- Lite coconut milk [(PF=.5C)]
- Tahini [(PF=.25C)]
- Organic Maple Syrup [(CS=2t)]
- 1 lb. linguini pasta [(CS=1)]

- Tamari [(CS=2t)]
✓ **San J Gluten Free Low Sodium**
- vegetable broth [(CS=.5C) (PP=1C) (TPS=1C) (PF=1C + 1C)]
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

REFRIGERATED

- Unsweetened plain plant milk [(CS=2T) (PP=1C+.5C)]
- Miso [(C=1T) (TPS=1T)]
✓ **Miso Master Organic Mellow White**
- Unsweetened plain plant yogurt [(PF=.75C)]
- 14 oz. block extra firm organic tofu [(PF=1)]
- _____
- _____
- _____

FROZEN

- Frozen Mixed Vegetables [(PP=2.5C)]
- _____
- _____

SPICES USED:

- Garlic Powder [(CS=.5t) (PP=1) (TPS=1t) (KS=1t)]
- Onion Powder [(CS=.5t) (PP=1t) (TPS=1t)]
- Dried Minced Onion Flakes [(CS=2T) (PP=2T) (TPS=2T)]
- Dried Parsley [(CS=1t) (TPS=.25t)]
- Dried Oregano [(CS=.5t) (TPS=.25t)]
- Dried Basil [(CS=1t) (TPS=1t)]
- Bay Leaves [(PP=2)]
- Sweet Paprika [(PP=.25t)]
- Ground Mustard [(PP=.25t)]
- Dried Thyme [(PP=.5t+.5t)]
- Poultry Seasoning [(PP=.5t)]
- Dried Italian Seasoning [(PF=2T)]
- Fennel Seeds [(PF=.5T)]
- Red Pepper Flake [(CS=.25t) (TPS=optional) (PF=.5T)]
- Sea Salt
- Pink Himalayan Sea Salt [(PF=.5t)]
- Black Pepper
- Dulse Granules [(CS=1t)]
- _____
- _____

MISC:

- _____
- _____

Recipe Code: Vegan Biscuit Pot Pie (PP), 1-Bowl Pizza Frittata (PF), Vegan Linguini with Red Clam Sauce (CS), Powerhouse Kale Salad (KS), Italian Sundried Tomato Potato Soup (TPS)