



# MENU



## BREAKFAST IDEAS

- Baked PB & J Oatmeal
- Plant Yogurt, Granola & Fruit
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Warm Red Onion Dressing Salad
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Healthy Minestrone Soup
- Easy One Pan Cauliflower Curry
- Cabbage Fried Rice
- Stuffed Eggplant w/ Quinoa
- Roasted Poblano Potato Soup
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Sundried Tomato Hummus
- 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 #36 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- garlic bulbs [(MS=8cl.) (CFR=5cl.) (PS=8cl.) (SE=2cl.)]
- small yellow onion [(CFR=1)]
- medium yellow onion [(MS=1) (PS=1)]
- green onions [(CFR=2) (CC=3)]
- fresh ginger [(CFR=1t)]
- poblano peppers [(PS=2 or 3)]
- multi-colored carrots [(SE=6)]
- celery [(MS=3ribs)]
- baby spinach [(MS=3C-optional)]
- lime [(PS=optional) (CC=optional)]
- baby potatoes [(PS=3C)]
- avocado [(PS=optional)]
- fresh cilantro [(PS=optional)]
- Napa cabbage [(CFR=1/2 head)]
- eggplant [(SE=2)]
- baby Bella mushrooms [(SE=1pkg)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Sesame Seeds [(CFR=optional)]
- Sweet dried cranberries [(CC=2T optional)]
- Cashews (raw) [(SE=1C)]
- Sundried tomatoes-no oil [(MS=6)]
- Tomato paste [(MS=3T)]
- 14.5 oz. can petite diced tomatoes [(MS=1) (PS=1)]
- 15.5 oz. can cannellini beans [(MS=1)]
- 16 oz. can kidney beans [(MS=1)]
- 15 oz. can black beans [(PS=1)]
- 15 oz. can corn [(PS=1)]
- Nutritional Yeast [(MS=2T) (PS=1T)]
- Flour or Thickener of choice [(PS=1T)]
- Rice of choice [(CFR=2C)]
- Lite coconut milk [(CC=.75C)]
- Organic Maple Syrup [(CFR=2t)]
- Pasta of choice [(MS=1C)]
- Sriracha Sauce [(CFR=optional)]
- Garlic Puree [(CC=1t)]
- Tamari [(CFR=.25C)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(MS=1C) (PS=2C) (CC=1C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened Plain Plant Milk [(PS=2C)]
- Miso [(MS=1T) (SE=1t)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- Frozen Mixed Vegetables [(MS=2C)]
- 12 oz. package Asian Blend Veggies [(CFR=1)]
- Frozen peas [(CFR=.5C)]
- 12 oz. cauliflower florets [(CC=1)]
- Frozen corn [(CC=1C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Garlic Powder [(MS=1T) (PS=2t)]
- Onion Powder [(MS=2t) (PS=1t)]
- Dried Minced Onion Flakes [(MS=1T) (PS=2T)]
- Dried Oregano [(MS=2t)]
- Italian Seasoning [(MS=1t)]
- Dried Basil [(MS=2t) (SE=1t)]
- Dried Parsley [(MS=2t)]
- Dried Sage [(SE=.25t)]
- Rosemary [(SE=1t)]
- Bay Leaves [(MS=2)]
- Smoked Paprika [(PS=2t)]
- Coriander [(PS=.25t)]
- Cumin [(MS=pinch) (PS=.25t)]
- Garam Masala [(CC=1.5t)]
- Mild Curry [(CC=1t)]
- Turmeric [(CC=.5t)]
- Cinnamon [(SE=pinch)]
- Sea Salt
- Himalayan Salt [(SE=.5t)]
- Black Pepper
- \_\_\_\_\_
- \_\_\_\_\_

## MISC:

- Tortilla Chips (of choice) [(PS=optional)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Healthy Minestrone Soup (MS), Cabbage Fried Rice (CFR), Roasted Poblano Potato Stew (PS), Easy One Pan Cauliflower Curry (CC), Stuffed Roasted Eggplant with Quinoa, Mushrooms, and Multi-Colored Carrots (SE)