



MENU



BREAKFAST IDEAS

- Hummingbird Breakfast Cookies
- Baked Sweet Potato w/ Cinnamon
- _____
- _____
- _____

LUNCH IDEAS

- Salad w/ Sweet & Tangy Dressing
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Black Bean Burger
- Curried Chickpea "Noodle" Salad
- Vegan Beef Stew
- Butternut Quiche
- Romesco Sauce w/ Pasta
- _____
- _____

SNACKS IDEAS

- Seasoned Edamame
- 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 #38 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- garlic bulbs [(BS=4cl.)]
- shallots [(BQ=2t)]
- leeks [(BQ=.5C)]
- large yellow onion [(BS=1)]
- green onions [(NS=.25C)]
- red bell pepper [(NS=1)]
- Carrots [(BS=5) (NS=2)]
- Celery [(BS=4)]
- Yukon Gold medium potatoes [(BS=4)]
- green cabbage [(NS=1C)]
- lemon [(RS=1t) (BQ)]
- lime [(NS=2T)]
- ginger [(NS=1T)]
- small butternut squash [(BQ=1)]
- cilantro [(NS=.25C)]
- medium zucchini [(BB=1) (NS=2) (BQ=.5C)]
- fennel [(BQ=.5C)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Flax Meal [(BB=1T)]
- Raw Almonds [(RS=1C)]
- Cashews (raw) [(BB=.5C)]
- Pecans [(BB=.5C)]
- Apple Cider Vinegar [(BB=2T)]
- Tomato paste [(BB=3T)]
- 8 oz. can tomato sauce [(BS=1)]
- 14.5 oz. can petite diced tomatoes [(BS=1)]
- 14.5 oz. can fire roasted petite diced tomatoes [(RS=1)]
- 15 oz. cans chickpeas [(NS=1)]
- 15 oz. cans black beans [(BB=1)]
- Nutritional Yeast [(RS=1T)]
- Garbanzo bean flour [(BQ=.5C)]
- Cornstarch [(BS=2T)]
- Baking Powder [(BQ=.5t)]
- Tapioca/arrow root flour [(BQ=.5t)]
- Small brown lentils [(BS=.75C)]
- Tahini [(BB=2T) (NS=.33C)]
- Liquid Smoke [(BB=.25t)]
- Organic Maple Syrup [(BB=2t) (NS=3T)]
- 1 lb. pasta of choice [(RS)]
- 12 oz. jar Roasted Red Peppers [(RS=1)]
- Panko Crumbs [(BB=.5C)]
- Ian's Gluten Free Panko Crumbs**

- Tamari [(BB=2T)]
 San J Gluten Free Low Sodium
- Vegetable broth [(BS=4C)]
 Pacific Organic Vegetable Stock – Low Sodium
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(BS=4T)]
- Coconut milk [(BQ=.5C)]
- Miso [(BB=1T)]
 Miso Master Organic Mellow White
- _____
- _____

FROZEN

- Frozen Peas [(BS=1.5C)]
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(BB=2t) (RS=1t)]
- Onion Powder [(BB=1.5t) (RS=.5t)]
- Dried Minced Onion Flakes [(BB=2T)]
- Curry Powder [(NS=1T)]
- Sweet Paprika [(BB=.75t) (BS=1t)]
- Red Pepper Flake [(BB=.5t) (RS=.25t) (NS)]
- Ground Mustard [(BB=.75t)]
- Coriander [(BB=.25t)]
- Italian Seasoning [(BS=2t)]
- Crushed Rosemary [(BS=1.5t)]
- Rubbed Sage [(BS=1t)]
- Bay Leaves [(BS=1)]
- Dried Parsley [(BS=1t)]
- Turmeric [(BQ=.5t)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- Burger Buns (of choice) [(BB)]
- Vegan Red Wine [(BS=1C)]
 Honoro Vera Red Wine
- _____
- _____
- _____
- _____

Recipe Code: Ultimate Healthy Vegan Black Bean Burger with Special Burger Sauce (BB), Instant Pot Vegan Beef Stew (BS), Fast and Easy Romesco Sauce (RS), Curried Chickpea & Veggie "Noodle" Salad (NS), Butternut Quiche (BQ)