



MENU



BREAKFAST IDEAS

- Vegan Chilaquiles
- GF English Muffin w/ PB&J
- _____
- _____
- _____

LUNCH IDEAS

- Marinated Mushroom Sandwich
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Healthy Vegan Jambalaya
- Sweet Potato Quinoa Bowl
- BBQ Lentil Sloppy Joes
- White Bean Chili
- Italian Greens and Beans
- _____
- _____

SNACKS IDEAS

- Sweet & Tangy Vinegar Slaw
- 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 #39 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- garlic bulbs [(J=5cl.) (SJ=8cl.) (GB=5cl.) (WC=4cl.)]
- medium red onion [(SJ=.5)]
- large yellow onion [(GB=1)]
- medium yellow onion [(J=1) (SJ=1) (WC=1)]
- green bell pepper [(J=1) (SJ=1)]
- red bell pepper [(WC=1)]
- jalapeno pepper [(WC=1)]
- carrots [(J=1)]
- celery [(J=2) (SJ=1) (WC=1)]
- grape tomatoes [(PQ)]
- 16 oz. package coleslaw mix [(SJ=1)]
- Purple cabbage [(SJ=handful)]
- baby spinach [(J=3C)]
- greens of choice [(GB=6C) (PQ=optional)]
- 1 lemon [(GB=1T)]
- limes [(PQ=1) (WC=2t)]
- medium sweet potatoes [(PQ=2)]
- cilantro [(PQ) (WC=2T)]
- basil [(GB=10 leaves)]
- tart apples [(PQ=2)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Tri-color Quinoa [(PQ=1C)]
- Cashews (raw) [(PQ=1.5C)]
- Pepitas [(PQ)]
- Apple Cider Vinegar [(SJ=2t+.5C)]
- tomato sauce [(SJ=1C+3T) (GB=3T)]
- 14 oz. can petite diced tomatoes [(J=1)]
- 15.5 oz. cans cannellini beans [(GB=2) (WC=2)]
- 15 oz. cans kidney beans [(J=1)]
- 15 oz. cans chickpeas [(PQ=1)]
- 8 oz. can green chili peppers [(WC=1)]
- Canned white hominy [(WC=1.5C)]
- Nutritional Yeast [(WC=2T)]
- Tahini [(SJ=2t)]
- Liquid Smoke [(J=.25t) (SJ=.5t)]
- Organic Maple Syrup [(SJ=3T+1t+3T) (GB=.5t) (PQ=2t)]
- Molasses [(SJ=1T)]
- Sriracha [(PQ=optional)]
- Dried Lentils [(SJ=.75C)]
- Rice of choice [(J=1C)]
- Tamari [(SJ=1T)]
- ✓ **San J Gluten Free Low Sodium**

- Vegetable broth [(J=2) (SJ=2C) (GB=1.5C) (PQ=1.5C) (WC=2C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(GB=3T)]
- Miso [(SJ=1T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____

FROZEN

- Frozen corn [(WC=1C)]
- _____
- _____

SPICES USED:

- Garlic Powder [(J=2t) (SJ=1t) (GB=1.5t) (PQ=.25t)]
- Onion Powder [(J=1t) (SJ=1t) (GB=.5t)]
- Dried Minced Onion Flakes [(J=2T) (SJ=2T) (GB=3T)]
- Dried Oregano [(J=.25t)]
- Sweet Paprika [(J=1t) (SJ=.5t)]
- Smoked Paprika [(J=1t) (SJ=1.5t) (PQ=.5t)]
- Chili Powder [(SJ=2t) (PQ=.25t) (WC=1t)]
- Red Pepper Flake [(GB=pinch)]
- Cumin [(SJ=.25t) (PQ=pinch) (WC=.5t)]
- Coriander [(WC=.5t)]
- Celery Seed [(SJ=.25t)]
- Cayenne Pepper [(J=.25t)]
- Dried Thyme [(J=.25t)]
- Dried Dill Weed [(J=.25t)]
- Ground Mustard [(SJ=1t)]
- Bay Leaf [(J=2)]
- Italian Seasoning [(GB=1t)]
- Crushed Rosemary [(GB=pinch)]
- Cinnamon [(PQ=.25t)]
- Curry Powder [(PQ=1.5T)]
- Himalayan Pink Salt [(PQ=.5t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Buns (of choice) [(SJ)]
- _____
- _____
- _____

Recipe Code: Healthy Vegan Jambalaya (J), Vegan BBQ Lentil Sloppy Joes w/ Sweet and Tangy Vinegar Slaw (SJ), Italian Greens and Beans (GB), Sweet Potato Quinoa Bowl with Cashew Curry Sauce (PQ), White Bean Chili (WC)