



BREAKFAST IDEAS

- Ginger Pear Date Oats
- GF English Muffin w/ Hummus
- _____
- _____
- _____

LUNCH IDEAS

- Tomato & Carrot Bisque
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Tex-Mex Creamed Corn
- Klunker's Mushroom Adobo
- Healing Green Soup
- Moussaka
- Cajun Jackfruit & Collard Greens
- _____
- _____

SNACKS IDEAS

- Avocado 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 #41 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic Bulbs [(CC=1T) (CJ=2T) (HGS=2T) (MA=5cl.) (M=5cl.)]
- Small Red Onion [(MA=1)]
- Red Onion [(CC=.66C)]
- Medium Yellow Onions [(HGS=1) (M=2)]
- Medium Red Onion [(CJ=1)]
- Green Bell Peppers [(CC=1) (CJ=1) (M=2)]
- Red Bell Peppers [(CC=1) (M=2)]
- Yellow Bell Peppers [(M=2)]
- Carrots [(CJ=.5C) (HGS=1)]
- Celery [(CJ=2 ribs) (HGS=1 rib)]
- Large Tomatoes [(CC) (M)]
- Medium Russet Potatoes [(HGS=2)]
- Collard Greens [(CJ=4C)]
- Avocado [(CC=1)]
- Fresh Flat Leaf Parsley [(HGS=.25C)]
- Broccoli Florets [(HGS=4C)]
- Eggplants [(M=5)]
- Zucchini [(M=2)]
- Cremini and Button Mushroom Mix [(MA=1lb.)]
- Button Mushrooms [(M=1C)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(HGS=.25C)]
- White Vinegar [(MA=.5C)]
- Apple Cider Vinegar [(CJ)]
- Tomato Paste [(CJ=2T)]
- 14 oz. can Fire Roasted Petite Diced Tomatoes [(CJ=1)]
- 16 oz. can Kidney Beans [(CJ=1)]
- 15 oz. can Black Beans [(CC=1)]
- 14 oz. can young green jackfruit [(CJ=1)]
- Nutritional Yeast [(HGS=2T)]
- Brown Rice [(CJ) (MA)]
- Thickener of Choice [(CC=1T+2t)]
- Organic Maple Syrup [(CC=1t) (MA=1T)]
- Lite Coconut Milk [(M)]
- Hot Sauce [(CJ)]
 - ✓ **Frank's Red Hot Sauce**
- Tamari [(CJ=1T) (MA=.5C)]
 - ✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(CJ=1C) (HGS=3C)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(CC=1C) (HGS=.5C)]
- Unsweetened Plain Plant Yogurt [(CC=.5C)]
- Miso [(CJ=1T) (HGS=1T)]
 - ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- Frozen Corn [(CC=1lb.)]
- Frozen Peas [(HGS=1.5C)]
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(CJ=1t) (HGS=1t)]
- Onion Powder [(CJ=1t) (HGS=1t)]
- Dried Minced Onion Flakes [(CJ=1T) (HGS=2T)]
- Dried Rosemary [(M)]
- Dried Oregano [(M)]
- Thyme [(CJ=1t) (M)]
- Dried Dill Weed [(CJ=pinch)]
- Sweet Paprika [(CJ=.5t)]
- Smoked Paprika [(CC=1t) (CJ=1t)]
- Chili Powder [(CC=.5t)]
- Bay Leaves [(CJ=1) (HGS=1) (MA=1)]
- Red Pepper Flake [(CJ=.25t)]
- Cayenne Pepper [(CJ=.25t)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- Tortilla Chips (of choice) [(CC)]
- _____
- _____
- _____
- _____
- _____
- _____

Recipe Code: Tex-Mex Creamed Corn (CC), Cajun Jackfruit and Collard Greens (CJ), Healing Green Soup (HGS), Klunker's Mushroom Adobo (MA), Moussaka (M)