



MENU



BREAKFAST IDEAS

- Stone Fruit Rawnola Bowls
- Sweet Potato Toast w/ PB
- _____
- _____
- _____

LUNCH IDEAS

- Salad w/ Red Pepper Vinaigrette
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Split Pea Potato Soup
- Sun-dried Tomato Spaghetti Squash
- Vegan Arroz Con Pollo
- Red Quinoa Tacos
- Garlic Sticky Noodles
- _____
- _____

SNACKS IDEAS

- Chocolate Quinoa Muffins
- 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 #43 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(SP=2T) (ACP=2T) (SN=2T) (SS=6cl.) (SS=2cl.)]
- Medium Yellow Onion [(SP=1) (ACP=1) (QT=.5)]
- Green Onions [(SN=4)]
- Green Bell Pepper [(ACP=1)]
- Red Bell Pepper [(ACP=1)]
- Carrots [(SP=2)]
- Celery [(SP=2ribs)]
- Large Tomatoes [(QT=2)]
- Baby Potatoes [(SP=3C)]
- Romaine Lettuce [(QT=2C)]
- Baby Spinach [(SN=2C)]
- Avocado [(QT)]
- Fresh Basil [(SS=1.5C)]
- Fresh Oregano Leaves [(SS=3T)]
- Broccoli [(SN=2C)]
- Medium Spaghetti Squash [(SS=1)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Red Quinoa [(QT=1C)]
- Toasted Sesame Seeds [(SN=2T)]
- Capers [(ACP=2T)]
- Tomato Paste [(ACP=2T)]
- Sun-Dried Tomatoes [(SS=3oz.)]
- 14.5 oz. can Fire Roasted Tomatoes [(SS=1)]
- 28 oz. can San Marzano tomatoes [(SS=1)]
- 2.25 oz can Sliced Black Olives [(QT=2)]
- Dried Green Split Peas [(SP=1.5C)]
- Liquid Smoke [(SP=.25t)]
- Green Olives [(ACP=8)]
- Brown Rice [(ACP=1C)]
- Unsweetened Lite Coconut Milk [(SS=.5C)]
- Tahini [(SN=1t)]
- Organic Maple Syrup [(SN=2T)]
- Molasses [(SN=1t)]
- Rice Noodles - *Fast cooking* [(SN=8oz.)]
- Tamari [(SP=1T) (ACP=1T) (SN=2T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(SP=2C) (ACP=1.5C) (SS=1.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- Soy Curls [(ACP=1.5C)]
- Butler Soy Curls**

- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- Miso [(SP=1T) (ACP=1T) (SN=2t)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(SP=1t) (ACP=1t)]
- Onion Powder [(SP=1t) (ACP=1t)]
- Dried Minced Onion Flakes [(SP=2T) (ACP=2T)]
- Dried Thyme [(SP=1t)]
- Dried Oregano [(SP=1t) (ACP=1t)]
- Bay Leaf [(SP=1)]
- Sweet Paprika [(SP=.25t)]
- Smoked Paprika [(ACP=2t)]
- Red Pepper Flake [(SN=.25t)]
- Cumin [(SP=pinch) (ACP=1t)]
- Cayenne Pepper [(ACP=.25t)]
- Sea Salt
- Black Pepper
- Pink Himalayan Salt [(SS)]
- Taco Seasoning [(QT=1T)]
- _____
- _____

MISC:

- Yellow Corn Taco Shells [(QT=12)]
- _____
- _____
- _____
- _____
- _____

Recipe Code: Vegan Split Pea Potato Soup (SP), Vegan Arroz Con Pollo (ACP), Oil Free Garlic Sticky Noodles (SN), Instant Pot Sun-Dried Tomato Spaghetti Squash (SS), Kid-Friendly Red Quinoa Tacos (QT)