



MENU



BREAKFAST IDEAS

- Quick Chickpea Quiche
- Roasted Veggie Wrap w/ hummus
- _____
- _____
- _____

LUNCH IDEAS

- Salad w/ Spicy Green Cilantro Sauce
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Thai Curry Salad
- Ranch Cauliflower Tacos
- Broccoli Millet Bowl Italian Sauce
- African Peanut Soup
- Spiced Kale Potato Stew
- _____
- _____

SNACKS IDEAS

- Pecan & Chocolate Chip Bars
- Fruit 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 #45 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(IB=1T) (SK=2T) (AP=1cl.)]
- Red Onion [(TC=.25C) (IB=.66C) (AP=.5)]
- Medium Yellow Onion [(SK=1)]
- Red Bell Pepper [(IB=.66C) (SK=1)]
- Jalapeno Peppers [(SK=2)]
- Carrots [(TC=1C) (AP=1)]
- Tomatoes [(RT=.75C)]
- Baby Red Potatoes [(SK=5)]
- Mini-English Cucumbers [(TC=2)]
- Broccolini (or Broccoli) [(IB=10 oz.)]
- Romaine or Salad Greens of Choice [(TC)]
- Baby Spinach [(RT=2 oz.)]
- Purple Cabbage [(TC=1C)]
- Cauliflower [(RT=1 head)]
- Lemon [(IB=3T) (IB=1T+.5t-zest)]
- Lime [(TC=1T+1t)]
- Cilantro [(SK=optional)]
- Flat Leaf Parsley [(IB=.5C)]
- Kale [(SK=4C)]
- Ginger [(AP=.2 inches)]
- Medium Zucchini [(AP=.5)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(IB=.5C) (RT=1C)]
- Peanuts [(TC=.25C) (AP=handful)]
- White Balsamic Vinegar [(IB=2T)]
- Apple Cider Vinegar [(RT=3T)]
- Tomato paste [(AP=4T)]
- 14 oz. can Petite Diced Tomatoes [(SK=1)]
- 15.5 oz. can Cannellini Beans [(IB=1)]
- 15.5 oz. can Chickpeas [(TC=1) (SK=1) (RT=1)]
- Millet [(IB=.75C)]
- Brown Rice [(AP=1C)]
- Tahini [(TC=1t)]
- Organic Maple Syrup [(TC=2t) (RT=1T)]
- Hot Sauce [(RT=1t) (AP=few dashes)]
- Red Curry Paste [(TC=1T)]
- Thai Kitchen Red Curry Paste**
- Tamari [(TC=1T) (AP=2T)]
- San J Gluten Free Low Sodium**
- 1 cup Vegetable broth [(SK=1C) (AP=3C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____

- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(RT=.75C)]
- Miso [(TC=1T) (IB=1t+2t) (SK=1T)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

- Frozen Peas [(IB=1C)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(IB=.5t+.5t) (SK=1t)]
- Onion Powder [(IB=.5t+.5t) (SK=1t) (RT=2t)]
- Dried Minced Onion Flakes [(SK=2T)]
- Dried Thyme [(IB=.5t)]
- Italian Seasoning [(IB=2t+1t)]
- Coriander [(IB=pinch) (SK=.75t)]
- Dried Chives [(RT=.5t)]
- Dried Dill [(RT=.5t)]
- Dried Parsley [(RT=.5t)]
- Smoked Paprika [(SK=1t)]
- Cinnamon [(SK=pinch)]
- Cumin [(SK=.5t)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- Corn Tortillas (of choice) [(RT=10 tortillas)]
- _____
- _____
- _____
- _____
- _____
- _____

Recipe Code: Thai Curry Salad (TC), Italian Broccolini Millet Bowl with Lemony Parsley Sauce (IB), Spiced Kale Potato Stew (SK), Ranch Cauliflower Tacos (RT), African Peanut Stew (AP)