



# MENU



## BREAKFAST IDEAS

- Cajun Tofu Scramble
- Roasted Veggie Hummus Wrap
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Nori Wraps w/ Spicy Tahini
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan Veggie Bean Cassoulet
- Moroccan Stuffed Butternut Squash
- Vegan Pizza Pasta Supreme
- No Oil Greek Salad
- Vegan Curried Chickpea Salad
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Avocado Chocolate Pudding
- Fruit and Veggies
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Notes:





# Whole Food Plant Based INSTRUCTIONS



## 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 #47 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(BC=1T) (PS=1T) (GS=2cl.) (MS=1cl.)]
- Large Red Onions [(GS=1)]
- Medium Red Onions [(CC=1) (PS=1) (MS=1)]
- Medium Yellow Onions [(BC=1)]
- Green Bell Peppers [(PS=.5) (GS=1)]
- Red Bell Peppers [(PS=.5)]
- Jalapeno Peppers [(CC=2T)]
- Carrots [(CC=.33C) (BC=.75C)]
- Celery [(CC=.75C) (BC=.75C)]
- Small Tomatoes [(GS=6)]
- Mini-English Cucumbers [(GS=2)]
- Salad Greens of Choice [(GS=8oz.)]
- Small Zucchini [(BC=1)]
- Small Squash [(BC=1)]
- Butternut Squash [(MS=1)]
- Radishes [(GS=3)]
- Cilantro [(CC=2T)]
- Gala Apples [(CC=1)]
- Lemons [(GS=4T)]
- Limes [(CC=1T+1t)]
- Chestnut Mushrooms [(MS=10)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Quinoa [(GS=.5C)]
- Golden Raisins [(CC=3T)]
- Cashews (raw) [(GS=12 nuts)]
- Peanuts [(CC=.25C)]
- Red Wine Vinegar [(GS=3T)]
- Apple Cider Vinegar [(BC=.5t)]
- Tomato Paste [(PS=2T)]
- 15 oz. can Tomato Sauce [(PS=1)]
- 15 oz. can Chopped Tomatoes [(MS=1)]
- 15 oz. can Cannellini Beans [(BC=1)]
- 15.5 oz. can Pinto Beans [(MS=1)]
- 15.5 oz. can Chickpeas [(CC=2)]
- 15.5 oz. can Navy Beans [(BC=1)]
- Cornmeal [(BC=.5C)]
- Baking Powder [(BC=.5t)]
- Baking Soda [(BC=pinch)]
- Almond Flour [(BC=1T)]
- Tahini [(CC=1t)]
- Liquid Smoke [(BC=1.5t)]
- Organic Maple Syrup [(CC=1t) (BC=1T) (PS=1T+2t)]
- Almond Butter [(BC=1T)]
- Sliced Olives [(PS=.33C)]

- Greek Olives [(GS=1C)]
- Peperoncini [(GS=8)]
- Gnocchi/Pasta of choice [(PS=12oz.)]
- Tamari [(BC=1T)]  
✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(BC=1.25C)]  
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened Plain Plant Yogurt [(CC=.25C) (BC=2T)]
- Unsweetened Plain Plant Milk [(BC=2T)]
- Miso [(BC=1t) (PS=1T)]  
✓ **Miso Master Organic Mellow White**
- Vegan Ricotta Cheese [(GS=1C)]  
✓ **Kite Hill Ricotta Cheese**
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Dried Basil [(PS=1.5t) (GS=.5t)]
- Bay Leaves [(BC=1)]
- Coriander [(CC=.5t)]
- Ground Fennel [(PS=pinch)]
- Garlic Powder [(BC=1t) (PS=1t)]
- Onion Powder [(BC=1t) (PS=1t) (GS=.5t)]
- Dried Minced Onion Flakes [(BC=2T)]
- Dried Oregano [(PS=1T) (GS=1t)]
- Dried Parsley [(BC=1t)]
- Ras el Hanout [(MS=2t)]
- Sweet Curry Powder [(cc=2.5t)]
- Rosemary [(BC=pinch)]
- Dried Thyme Leaves [(BC=1t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_
- \_\_\_\_\_

## MISC:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Vegan Curried Chickpea Salad (CC), Vegan Veggie Bean Cassoulet (BC),  
Vegan Pizza Pasta Supreme (PS), No Oil Greek Salad (GS), Moroccan Stuffed Butternut Squash (MS)