



BREAKFAST IDEAS

- Vegan Cinnamon Bun Pancakes
- Plant Yogurt w/ Oats, Seeds & Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Buffalo Bean Wrap
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Veggie Shakshuka
- Marinara Sauce with Pasta
- Sweet Potato Black Bean Taquitos
- Vegan Yum Yum Dressing Bowl
- Curried Yellow Split Pea Stew
- _____
- _____

SNACKS IDEAS

- Seasoned Oven Roasted Potatoes
- 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 #53 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(S=1T) (P=1T)]
- Ginger [(P=1t)]
- Medium Yellow Onions [(P=1)]
- Small Yellow Onions [(S=1)]
- Red Bell Peppers [(S=.5C) (P=1)]
- Carrots [(S=.5C) (Y)]
- Large Sweet Potatoes [(T=2) (Y)]
- Baby Potatoes [(P=optional)]
- Mini-English Cucumbers [(Y)]
- Radishes [(Y)]
- Salad Greens of Choice [(P=optional)]
- Medium Zucchini [(S=1)]
- Avocados [(Y)]
- Cilantro [(T=.5C)]
- Flat Leaf Parsley [(S)]
- Limes [(T=1T)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(Y=.33C) (T=.33C)]
- Rice Vinegar [(Y=1T)]
- Ume Plum Vinegar [(Y=2t)]
- Mild (Tamed) Pickled Jalapeno Peppers [(T=.33C)]
- Tomato Paste [(S=1T) (M=2T) (Y=1.5t)]
- 8 oz. can Tomato Sauce [(S=1)]
- 15 oz. can Tomato Sauce [(M=1)]
- 14.5 oz. can Petite Diced Tomatoes [(S=1)]
- 15 oz. can Cannellini Beans [(S=2)]
- 15 oz. can Black Beans [(T=1)]
- Dried Yellow Split Peas [(P=1.5C)]
- Baking Soda [(S=.25t)]
- Liquid Smoke [(S=.5t)]
- Nori (sea weed paper) [(Y=optional)]
- Organic Maple Syrup [(M=1T+2t) (Y=1t)]
- Pasta of choice [(M)]
- Rice of choice [(Y)]
- 1 – 14 oz. can Lite Coconut Milk [(P=1)]
- Red Curry Paste [(P=4T)]
- Thai Kitchen Red Curry Paste**
- Vegetable broth [(P=2C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Yogurt [(T=3T)]
- Miso [(M=1t) (Y=1t)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

- Frozen Edamame [(Y)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(M=1T)]
- Bay Leaves [(S=1) (P=1)]
- Cayenne Pepper [(T=sprinkle)]
- Chili Powder [(S=2t) (T=.75t)]
- Cinnamon [(S=pinch)]
- Cumin [(S=1.5t)]
- Garlic Powder [(S=1t) (M=1t) (Y=.5t) (P=1t) (T=.25t)]
- Onion Powder [(S=1t) (M=1t) (Y=.5t) (P=1t) (T=.25t)]
- Dried Minced Onion Flakes [(S=2T) (P=1T)]
- Dried Oregano [(S=.5t) (M=1.5t)]
- Smoked Paprika [(S=1t) (T=.25t)]
- Sweet Paprika [(S=1t) (T=.5t) (Y=.25t)]
- Red Pepper Flake [(S=.25t) (P=.25t)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- Tortillas (of choice) [(T)]
- _____
- _____
- _____
- _____
- _____

Recipe Code: Vegan Veggie Shakshuka (S), Easy Healthy Marinara Sauce (M), Sweet Potato Black Bean Taquitos (T), Vegan Yum Yum Dressing Bowl (Y), Curried Yellow Split Pea Stew (P)