



MENU



BREAKFAST IDEAS

- Quinoa Flatbread Bagels
- Oatmeal w/ Nuts, Seeds, & Berries

- _____
- _____
- _____

LUNCH IDEAS

- Avocado Chickpea Salad Wrap
- Dinner Leftovers

- _____
- _____
- _____

DINNER IDEAS

- Cauliflower Potato Curry
- Italian Baked Zucchini Fries
- Olive Sauce & Baked Potatoes
- Vegan Black Bean Burger
- Warm Red Onion Dressing Salad

- _____
- _____

SNACKS IDEAS

- Vegan Macaroni Salad
- 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 #54 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(P=2T) (W=1T)]
- ☐ Ginger [(P=2t)]
- ☐ Medium Red Onions [(W=.5)]
- ☐ Medium Yellow Onions [(P=1C)]
- ☐ Jalapeno or Serrano Peppers [(P=1)]
- ☐ Carrots [(P=1) (W)]
- ☐ Small Tomatoes [(M) (W)]
- ☐ Potatoes [(P=4C)]
- ☐ Baking Potatoes [(M)]
- ☐ Sweet Potatoes [(W)]
- ☐ Russet Potatoes [(W)]
- ☐ Salad Greens of Choice [(W)]
- ☐ Green Beans [(W)]
- ☐ Purple Cabbage [(W)]
- ☐ Small Zucchini [(B=1)]
- ☐ Medium Zucchini [(Z=4)]
- ☐ Cilantro [(P)]
- ☐ Flat Leaf Parsley [(M)]
- ☐ Cauliflower [(P=1 lb.)]
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Raw Almond Slivers [(W=2T)]
- ☐ Cashews (raw) [(B=.5C) (M=.5C)]
- ☐ Hemp Seeds [(M) (W)]
- ☐ Pepitas [(W)]
- ☐ Pecans [(B=.75C*)]
- ☐ Red Wine Vinegar [(W=.25C+3T)]
- ☐ White Distilled Vinegar [(M=4T)]
- ☐ Apple Cider Vinegar [(B=2T)]
- ☐ Tomato Paste [(B=2T+1T) (Z=2T)]
- ☐ 15 oz. can Tomato Sauce [(Z=1)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(P=1)]
- ☐ Jar Roasted Red Peppers [(M)]
- ☐ Jar Pickled Artichokes [(M)]
- ☐ 15 oz. can Chickpeas [(W=1)]
- ☐ 15 oz. can Black Beans [(B=1)]
- ☐ 15 oz. can Navy Beans [(M=1)]
- ☐ Nutritional Yeast [(Z=2t)]
- ☐ Brown Rice Flour [(Z=1t)]
- ☐ Medium Grind Cornmeal [(Z=1t)]
- ☐ Cornmeal (regular) [(Z=2t)]
- ☐ Flax Meal [(B=1T)]
- ☐ Tahini [(Z=2T) (B=2T)]
- ☐ Organic Maple Syrup [(B=2t) (W=1T+1t) (Z=1T+2t)]
- ☐ Liquid Smoke [(B=.25t)]
- ☐ Rice of choice [(P)]

- ☐ Lite Coconut Milk (can) [(P=1C)]
- ☐ Tamari [(B=1T+1T)]
✓ **San J Gluten Free Low Sodium**
- ☐ Vegetable broth [(P=.5C)]
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(M=2T)]
- ☐ Miso [(B=1T) (M=1T) (Z=1t)]
✓ **Miso Master Organic Mellow White**
- ☐ Kalamata Olives [(M=.25C)]
- ☐ Greek Green Olives [(M=.25C)]
- ☐ _____
- ☐ _____

FROZEN

- ☐ Frozen Peas [(P=1.25C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Dried Basil [(Z=1T)]
- ☐ Cayenne Pepper [(P=.25t)]
- ☐ Coriander [(B=.25t)]
- ☐ Curry Powder [(P=1T+1t)]
- ☐ Garam Masala [(P=1t)]
- ☐ Garlic Powder [(P=1t) (Z=1t+1t) (B=1t+1t) (M=1t)]
- ☐ Italian Seasoning [(Z=2t) (M=2t)]
- ☐ Ground Mustard [(B=.25t+.5t)]
- ☐ Onion Powder [(P=1t) (Z=1t+1t) (B=1t+1t) (M=1t)]
- ☐ Dried Minced Onion Flakes [(P=2T) (B=2T)]
- ☐ Dried Oregano [(Z=1.5t)]
- ☐ Sweet Paprika [(Z=.25t) (B=.25t+.5t)]
- ☐ Red Pepper Flake [(B=.5t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ _____
- ☐ _____

MISC:

- ☐ Panko Bread Crumbs (of choice) [(B=.5C)]
- ☐ Burger Buns (of choice) [(B)]
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Cauliflower Potato Curry (P), Italian Baked Zucchini Fries w/ Marinara (Z), Warm Red Onion Dressing (W), Vegan Black Bean Burger w/ sauce (B), Vegan Creamy Mediterranean Olive Sauce w/ Potato Goodness (M)