



MENU



BREAKFAST IDEAS

- Chocolate Pancakes
- Veggies and Hummus Wrap

- _____
- _____
- _____

LUNCH IDEAS

- Collard Green & Black-Eyed Peas
- Dinner Leftovers

- _____
- _____
- _____

DINNER IDEAS

- Vegan Tandoori Soy Curls
- Vegan Linguini w/ Clam Sauce
- Ethiopian Yellow Split Pea Stew
- Vegan Buffalo Zucchini Fritters
- Sweet and Tangy Dressing Salad

- _____
- _____

SNACKS IDEAS

- Strawberry Rhubarb Crumble
- 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 #55 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(S=1T) (L=2T) (E=2T)]
- ☐ Ginger [(S=1.5t) (E=1T)]
- ☐ Medium Yellow Onions [(S=1C) (L=1) (E=1)]
- ☐ Jalapeno Peppers [(E=2)]
- ☐ Carrots [(S=.5C) (Z=2) (D)]
- ☐ Russet Potatoes [(S=2C)]
- ☐ Mini-English Cucumbers [(D)]
- ☐ Daikon Radish [(D=optional)]
- ☐ Salad Greens of Choice [(D)]
- ☐ Medium Zucchini [(Z=2)]
- ☐ Avocados [(D)]
- ☐ Cilantro [(S)]
- ☐ White Button Mushrooms [(L=4oz.)]
- ☐ Cremini Mushrooms [(L=4oz.)]
- ☐ Lemons [(Z=2t)]
- ☐ Chives [(Z=2.5T)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Red Wine Vinegar [(D=.5C)]
- ☐ Apple Cider Vinegar [(Z=1T+1t)]
- ☐ Tomato Paste [(S=2T) (L=2T)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(S=1)]
- ☐ Dried Yellow Split Peas [(E=1.5C)]
- ☐ Nutritional Yeast [(Z=1T)]
- ☐ Brown Rice Flour [(Z=1T)]
- ☐ 12 oz. package Soft Silken Tofu [(Z=1)]
- ☐ Tahini [(Z=2T) (D=3T)]
- ☐ Organic Maple Syrup [(L=2t) (D=3T)]
- ☐ Linguini [(L=1lb.)]
- ☐ Rice of choice [(E) (D)]
- ☐ Hot Sauce [(Z=1T)]
- ☒ **Frank's Hot Sauce**
- ☐ Tamari [(L=2t)]
- ☒ **San J Gluten Free Low Sodium**
- ☐ Vegetable broth [(S=1C) (L=.5C) (E=2C)]
- ☒ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Unsweetened Plain Plant Yogurt [(S=2T)]
- ☐ Unsweetened Plain Plant Milk [(L=2T)]
- ☐ Miso [(L=1T) (D=2T)]
- ☒ **Miso Master Organic Mellow White**
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ Frozen Peas [(S=.5C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Dried Basil [(L=1t)]
- ☐ Cayenne Pepper [(S=.25t)]
- ☐ Chili Powder [(Z=.5t)]
- ☐ Coriander [(E=.25t)]
- ☐ Cumin [(S=.5t) (E=pinch)]
- ☐ Curry Powder [(S=1t)]
- ☐ Dried Dill Weed [(Z=pinch)]
- ☐ Garlic Powder [(S=1t) (L=.5t) (E=2t) (Z=.5t+1.75t) (D=.25t)]
- ☐ Ground Mustard [(Z=.25t)]
- ☐ Onion Powder [(S=1t) (L=.5t) (E=1t) (Z=.5t+.75t)]
- ☐ Dried Minced Onion Flakes [(S=2T) (L=2T) (E=2T) (D=1t)]
- ☐ Dried Oregano [(L=.5t)]
- ☐ Dried Parsley [(L=1t) (Z=.75t)]
- ☐ Smoked Paprika [(S=1t) (Z=.5t)]
- ☐ Red Pepper Flake [(L=.25t)]
- ☐ Tandoori Spice [(S=1T)]
- ☐ Turmeric [(E=.5t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ Dulse Granules [(L= 1t=optional)]
- ☐ _____
- ☐ _____

MISC:

- ☐ Butler Soy Curls [(S=1.5C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Vegan Tandoori Soy Curls (S), Vegan Linguini with Red Clam Sauce (L), Ethiopian Yellow Split Pea Stew (E), Vegan Buffalo Zucchini Fritters w/ Ranch Dressing (Z), No Oil Sweet and Tangy Dressing Salad (D)