



# MENU



## BREAKFAST IDEAS

- Vegan Breakfast Cookies
- Roasted Veggies & Hummus Wrap
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Balsamic Tahini Dressing Salad
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Curry Broccoli and Pasta
- Vegan Egg Roll Stir Fry
- Stewed Zucchini & Chickpeas
- Moroccan Soy Curl Stew
- Instant Pot Lentil Tacos
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Maple Glazed Nut Clusters
- 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 #58 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(B=1T) (E=2T) (Z=2T) (M=2T)]
- Ginger [(B=1t) (E=.5t)]
- Large Red Onions [(M=1C)]
- Small Red Onions [(E=1)]
- Large Yellow Onions [(Z=1C)]
- Medium Yellow Onions [(B=1C)]
- Green Onions [(E)]
- Red Bell Peppers [(M=1)]
- Jalapeno Peppers [(L)]
- Carrots [(B=1) (E=4) (Z=1) (M=.5C)]
- Celery Ribs [(Z=2)]
- Grape Tomatoes [(L)]
- Small Sweet Potato [(M=1)]
- Salad Greens of Choice [(L)]
- Small Green Cabbage [(E=1)]
- Medium Zucchini [(Z=2)]
- Avocados [(L)]
- Cilantro [(B) (M)]
- Flat Leaf Parsley [(Z)]
- Broccoli [(B=4C)]
- Lemons [(M=optional)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Quinoa [(M)]
- Toasted Sesame Seeds [(E=2T)]
- Dried Apricots [(M=4)]
- Raisins [(M=1T)]
- Rice Vinegar [(E=1T)]
- Tomato Paste [(B=1T) (Z=2T) (M=2T) (L=3T)]
- 8 oz. can Tomato Sauce [(Z=1) (L=1)]
- 14.5 oz. can Petite Diced Tomatoes [(B=1) (Z=1) (M=1)]
- 15 oz. can Chickpeas [(B=1) (Z=1)]
- Lite Unsweetened Coconut Milk [(B=.75C)]
- Nutritional Yeast [(Z=1T)]
- Dried Brown Lentils [(T=2C)]
- Organic Maple Syrup [(B=2t) (E=5t) (L=1T)]
- Pasta of choice [(B=10oz.) (Z)]
- Tamari [(B=2T) (E=.25C+1T) (Z=1T) (M=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(B=.5C) (M=1.5C) (L=2C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Miso [(E=1T) (Z=2t)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

- Frozen Edamame [(E=.66C)]
- Frozen Peas [(E=.66C) (M=.5C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPICES USED:

- Dried Basil [(Z=1t)]
- Bay Leaves [(Z=1)]
- Cayenne Pepper [(B=dash) (M=.25t) (L=.25t)]
- Chili Powder [(L=1T+1t)]
- Cinnamon [(M=pinch-optional)]
- Coriander [(M=.75t)]
- Cumin [(B=.5t) (M=1t) (L=1t)]
- Curry [(B=1T=1t)]
- Garlic Powder [(E=.5t) (Z=1t) (M=.5t) (L=2t)]
- Italian Seasoning [(Z=2t)]
- Onion Powder [(E=.5t) (Z=1t) (M=.5t) (L=1t)]
- Dried Minced Onion Flakes [(Z=1T) (M=1T) (L=2T)]
- Dried Oregano [(Z=2t)]
- Dried Parsley [(Z=.5t)]
- Smoked Paprika [(M=1t) (L=2t)]
- Red Pepper Flake [(E=.25t) (Z=.25t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_
- \_\_\_\_\_

## MISC:

- Butler Soy Curls – Internet Purchase [(M=1.5C)]
- Red Wine (of choice) [(Z=.25C)]
- Taco/Tortilla Shells (of choice) [(L)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Curry Broccoli and Pasta (B), Vegan Egg Roll Stir Fry (E), Italian Stewed Zucchini and Chickpea (Z), Moroccan Soy Curl Stew (M), Instant Pot Lentil Tacos (L)