



MENU



BREAKFAST IDEAS

- PB Banana Rice Cake
- GF English Muffin w/ Avo & Veg.
- _____
- _____
- _____

LUNCH IDEAS

- Garlic Sticky Noodles
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Lemon Poppy Seed Dressing Bowl
- Spicy Moroccan Tacos
- Vegan Spanish Zarzuela Stew
- Tex-Mex Stovetop Casserole
- Vegan Korean Glass Noodles
- _____
- _____

SNACKS IDEAS

- Peach Pie Tortilla Rolls
- 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 #59 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(M=1T) (Z=1T) (S=2T) (K=2T)]
- Ginger [(M=1t)]
- Medium Red Onions [(M=.5C)]
- Medium Yellow Onions [(Z=.5C) (S=.5C)]
- Green Onions [(K=3)]
- Green Bell Peppers [(S=.5)]
- Red Bell Peppers [(M=1C) (Z=.5C) (S=2C) (K=1)]
- Orange Bell peppers [(K=1)]
- Jalapeno Peppers [(M=.25C) (S=2)]
- Carrots [(L) (Z=.5C) (S=1)]
- Celery [(Z=.33C)]
- Cherry Tomatoes [(S)]
- Cremini Mushrooms [(Z=8 oz.)]
- Sweet Potatoes [(M=1C)]
- Red Skinned Potatoes [(Z=2C)]
- Mini-English Cucumbers [(L)]
- Salad Greens of Choice [(L)]
- Bok Choy [(K=1)]
- Small Zucchini [(K=1)]
- Avocados [(S)]
- Cilantro [(M) (S)]
- Flat Leaf Parsley [(Z)]
- Snow Pea Pods [(K=8 oz.)]
- Lemons [(L=4T) (M=1t)]
- Limes [(S)]
- Strawberries [(L)]
- Blueberries [(L)]
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(L=.33C) (S=.25C)]
- Hemp Seeds [(L)]
- Pepitas [(L)]
- Golden Raisins [(M=1T)]
- Dried Apricots [(M=4)]
- Toasted Sesame Seeds [(K=1T)]
- Rice Vinegar [(K=2T)]
- White Distilled Vinegar [(L=1t)]
- Apple Cider Vinegar [(L=1t)]
- Tomato Paste [(M=2T) (Z=1T)]
- 14.5 oz. can Petite Diced Tomatoes [(M=1) (Z=1)]
- 14.5 oz. can Fire Roasted Petite Diced Tomatoes [(S=1)]
- 15 oz. can Chickpeas [(M=2) (Z=1)]
- 15 oz. can Black Beans [(S=1)]
- Flour (of choice) [(S=2T)]
- Tahini [(M=2t)]
- Organic Maple Syrup [(L=2t) (K=2t)]

- Rice of choice [(S)]
- Korean Glass Noodles [(K=6 oz.)]
- Tamari [(M=1T) (Z=1T) (K=.25C)]
✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(M=.25C) (Z=1C) (K=2T)]
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(L=2T) (S=2.5C)]
- Unsweetened Plain Plant Yogurt [(M=.5C)]
- Miso [(L=1t) (K=1T)]
✓ **Miso Master Organic Mellow White**
- _____
- _____

FROZEN

- Frozen Corn [(S=2C)]
- _____

SPICES USED:

- Bay Leaves [(Z=1)]
- Cayenne Pepper [(M=.25t) (Z=.25t)]
- Chili Powder [(M=1t) (S=2t)]
- Chipotle Powder [(S=.25t)]
- Cinnamon [(M=pinch)]
- Coriander [(M=pinch) (S=.25t)]
- Cumin [(M=1t) (S=.25t)]
- Dulse Flakes [(Z=sprinkle-optional)]
- Fennel [(Z=.5t)]
- Garlic Powder [(L=.5t) (M=2t) (Z=1t) (S=1t)]
- Ground Mustard [(L=.5t)]
- Onion Powder [(M=1.5t) (Z=1t) (S=1t)]
- Dried Minced Onion Flakes [(M=1T) (Z=2T) (S=2T)]
- Saffron [(Z=pinch)]
- Smoked Paprika [(M=.5t) (Z=1.5t) (S=1t)]
- Sweet Paprika [(M=.5t) (Z=1t)]
- Red Pepper Flake [(Z) (K=.25t)]
- Poppy Seeds [(L=1T)]
- Dried Thyme Leaves [(Z=2t)]
- Turmeric [(M=pinch)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Tortilla/Taco Shells (of choice) [(M) (S)]
- White Wine [(Z=.33C)]
- _____

Recipe Code: Vegan Lemon Poppy Seed Dressing Salad (L), Spicy Moroccan Tacos (M), Vegan Spanish Zarzuela Stew (Z), Creamy Tex-Mex Stovetop Casserole (S), Vegan Korean Glass Noodles (K)