



MENU



BREAKFAST IDEAS

- Apple Walnut Cookie Scones
- Plant Yogurt, Oats & Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Cabbage Fried Rice
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Parmesan Veggie Pasta
- Vegan Curry Dressing Salad
- Spicy Black Bean & Potato Stew
- Mushroom Spinach Stroganoff
- Cajun Black Eyed Pea Stew
- _____
- _____

SNACKS IDEAS

- Jalapeno Corn Muffins
- 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 #60 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(V=1T+1t) (B=1T) (S=1T)]
- Small Garlic Bulb [(S=1)]
- Medium Red Onions [(B=1)]
- Large Yellow Onions [(P=1)]
- Medium Yellow Onions [(V=1) (S=1)]
- Green Bell Peppers [(P=1)]
- Red Bell Peppers [(B=1)]
- Jalapeno Peppers [(B=2)]
- Carrots [(D)]
- Celery Ribs [(P=2)]
- Cherry Tomatoes [(D) (B)]
- Grape Tomatoes [(V=optional)]
- Potatoes [(S)]
- Baby Red Potatoes [(B=3C)]
- Mini-English Cucumbers [(D)]
- Salad Greens of Choice [(D)]
- Baby Spinach [(S=4C) (P=3C)]
- Small Zucchini [(V=2)]
- Small Squash [(V=2)]
- Avocados [(B)]
- Cilantro [(D=2t) (B)]
- Flat Leaf Parsley [(V)]
- White Button Mushrooms [(S=12 oz.)]
- Baby Bella Mushrooms [(S=8 oz.)]
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(V=.25C) (D)]
- Slivered Almonds [(V=.25C)]
- Pine nuts [(V=optional)]
- Rice Vinegar [(D=2T)]
- White Distilled Vinegar [(D=1T)]
- Tomato Paste [(P=2T)]
- 14.5 oz. can Fire Roasted Petite Diced Tomatoes [(B=1)]
- 15 oz. can Cannellini Beans [(S=2)]
- 15 oz. can Black Beans [(B=2)]
- 15 oz. can Navy Beans [(V=1)]
- Dried Black-Eyed Peas [(P=2C)]
- Nutritional Yeast [(V=2T)]
- Flour of choice [(B=2T) (S=2T)]
- Cornstarch [(P=1T)]
- Unsweetened Cocoa Powder [(B=1t)]
- Tahini [(D=3T)]
- Organic Maple Syrup [(D=1T+2t) (P=2t)]
- Pasta of choice [(V=10 oz.)]

- Tamari [(S=2T)]
✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(V=1C) (D=2t) (B=1C) (P=4.25C)]
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- Mushroom broth [(S=3C)]
✓ **Pacific Organic Mushroom Broth**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(S=.25C)]
- Unsweetened Plain Plant Yogurt [(S=.25C)]
- Miso [(V=1t) (D=1t)]
✓ **Miso Master Organic Mellow White**
- _____
- _____

FROZEN

- _____
- _____

SPICES USED:

- Dried Basil [(V=1t)]
- Bay Leaves [(V=1) (S=1) (P=2)]
- Cayenne Pepper [(B=.25t) (P=.25t)]
- Chili Powder [(B=1T)]
- Chipotle Powder [(B=.25t)]
- Cumin [(B=.25t) (P=.25t)]
- Curry Powder [(D=1t)]
- Dried Dill [(P=.25)]
- Garlic Powder [(V=1.5t) (B=1t) (S=1t) (P=1t)]
- Italian Seasoning [(V=2t)]
- Ground Mustard [(S=.5t)]
- Onion Powder [(V=1t) (B=1t) (S=1t) (P=1t)]
- Dried Minced Onion Flakes [(V=2T) (B=2T) (S=1t) (P=2T)]
- Dried Oregano [(V=1t)]
- Dried Parsley [(P=1t)]
- Smoked Paprika [(P=1t)]
- Sweet Paprika [(P=1t)]
- Red Pepper Flake [(V)]
- Dried Thyme Leaves [(S=.5t) (P=.5t)]
- Sea Salt
- Black Pepper

MISC:

- White Wine [(V=.5C) (S=.5C)]
- Corn Tortillas (of choice) [(B)]
- _____
- _____

Recipe Code: Vegan Parmesan Veggie Pasta (V), Vegan Curry Dressing Bowl (D), Spicy Black Bean and Potato Stew (B), Vegan Mushroom Spinach Stroganoff (S), Instant Pot Cajun Black Eyed Pea Stew (P)