



BREAKFAST IDEAS

- Veggie Breakfast Scramble
- Muesli w/ Plant Milk & Fruit

- _____
- _____
- _____

LUNCH IDEAS

- Veggie Wrap w/ Pickled Hummus
- Dinner Leftovers

- _____
- _____
- _____

DINNER IDEAS

- Vegan Spicy Honey Garlic Stir Fry
- Loaded Baked Potato
- Vegan Pizza Pasta Supreme
- Vegan Biscuit Pot Pie
- Southern Collard Greens

- _____
- _____

SNACKS IDEAS

- Peach Blueberry Biscuit Cobbler
- 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 #64 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(H=1T) (B=2T) (G=1)]
- ☐ Ginger [(H=1t)]
- ☐ Medium Red Onions [(P=.66C)]
- ☐ Large Yellow Onions [(G=1)]
- ☐ Medium Yellow Onions [(B=1)]
- ☐ Green Onions [(H) (N)]
- ☐ Green Bell Peppers [(P=.5) (G=2)]
- ☐ Red Bell Peppers [(P=.5)]
- ☐ Jalapeno Peppers [(N)]
- ☐ Carrots [(N=1)]
- ☐ Celery Ribs [(B=2) (G=2)]
- ☐ Cherry Tomatoes [(N)]
- ☐ Russet Potatoes [(N=12oz.) (B=1.5C)]
- ☐ Baking Potatoes [(N)]
- ☐ Collard Green Bunches – Large [(G=2)]
- ☐ Avocados [(N)]
- ☐ Cilantro [(N)]
- ☐ Lemons [(G=2T)]
- ☐ Limes [(H=1T)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Cashews (raw) [(P=.25C)]
- ☐ Slivered Almonds [(P=.25C)]
- ☐ Toasted Sesame Seeds [(H)]
- ☐ White Distilled Vinegar [(N=2t)]
- ☐ Ume Plum Vinegar [(N=1.5t)]
- ☐ Apple Cider Vinegar [(B=1T)]
- ☐ Black and Green Olives [(P=.33C)]
- ☐ Pizza Sauce [(P=2C)]
- ☐ 15 oz. can Cannellini Beans [(B=1)]
- ☐ 16 oz. can Kidney Beans [(G=2)]
- ☐ 15 oz. can Chickpeas [(H=1)]
- ☐ 15 oz. can Pinto Beans [(N=1)]
- ☐ 4 oz. can Green Chilies [(N=1)]
- ☐ 4 oz. can Sliced Mushrooms [(P=1)]
- ☐ Nutritional Yeast [(N=2T) (P=2T)]
- ☐ Almond Flour [(B=1C)]
- ☐ Rolled Oats [(B=.5C)]
- ☐ Brown Rice Flour [(B=.5C)]
- ☐ Flour (or Thickener of Choice) [(B=3T)]
- ☐ Cornstarch [(H=.5t) (G=2T optional)]
- ☐ Baking Powder [(B=1T)]
- ☐ Flax Meal [(B=1T)]
- ☐ Tahini [(H=1T) (N=1T)]

- ☐ Liquid Smoke [(G=1t)]
- ☐ Unsalted Unsweetened Almond Butter [(B=.5C)]
- ☐ Organic Maple Syrup [(H=.25C)]
- ☐ Gnocchi or Pasta of choice [(P=12 or 16 oz.)]
- ☐ Rice of choice [(H) (G)]
- ☐ Rice Noodles - *Fast cooking* [(I)]
- ☐ Hot Sauce [(H=1T) (G)]
- ☒ **Franks RedHot Sauce**
- ☐ Vegetable broth [(H=.25C) (B=1C) (G=3.5C)]
- ☒ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(B=1.5C)]
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ 12 oz. package frozen Chinese Vegetables [(H=1)]
- ☐ Frozen Mixed Veggies [(B=2.5C)]
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Bay Leaves [(B=1)]
- ☐ Cayenne Pepper [(G=.25t)]
- ☐ Chipotle Powder [(N=pinch)]
- ☐ Garlic Powder [(N=1t) (P=.25t) (B=1t) (G=1t)]
- ☐ Ground Mustard Powder [(N=.25t) (B=.25t)]
- ☐ Onion Powder [(N=1t) (B=1t) (G=1t)]
- ☐ Dried Minced Onions [(B=2T)]
- ☐ Smoked Paprika [(N=1t) (G=2t)]
- ☐ Sweet Paprika [(B=.25t)]
- ☐ Poultry Seasoning [(B=.25t)]
- ☐ Red Pepper Flake [(G=.25t)]
- ☐ Dried Crushed Thyme Leaves [(B=1t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ _____
- ☐ _____

MISC:

- ☐ Soy Curls - optional [(H=2C)]
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Vegan Spicy Honey Garlic Stir Fry (H), Baked Potato Nut Free Vegan Nacho Cheese Sauce (N),
Vegan Pizza Pasta Supreme (P), Vegan Biscuit Pot Pie (B), Southern Collard Greens (G)