



BREAKFAST IDEAS

- Cinnamon Crumble Coffee Cake
- Roasted Veggie Wrap w/ Hummus
- _____
- _____
- _____

LUNCH IDEAS

- Fast and Easy Tomato Soup
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Veggie Skillet Lasagna
- Mashed Potato Patties w/ Garlic Aioli
- Maple Walnut Dressing Bowl
- Vegan Cheesy Zucchini Soup
- Moroccan Chickpeas & Garlic Sauce
- _____
- _____

SNACKS IDEAS

- Chocolate Molten Lava Souffle
- 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 #65 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(L=1T) (Z=2T) (M=1T)]
- Ginger [(M=1t)]
- Large Yellow Onions [(Z=1)]
- Medium Yellow Onions [(L=1C) (M=1)]
- Red Bell Peppers [(M=1)]
- Carrots [(W)]
- Celery [(M=.5C)]
- Grape Tomatoes [(W)]
- Potatoes [(P)]
- Sweet Potatoes [(W) (M)]
- Mini-English Cucumbers [(W)]
- Beets [(W)]
- Salad Greens of Choice [(W)]
- Baby Spinach [(L=2C) (M=2C)]
- Purple Cabbage [(W)]
- Small Zucchini [(L=1C)]
- Medium Zucchini [(Z=6)]
- Cilantro [(M)]
- Flat Leaf Parsley [(L=2T)]
- Chives [(P=.25C)]
- Apples [(W)]
- Lemons [(A=1T) (W=1t) (M=1t)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(L=.25C) (Z=.25C)]
- Hemp Seeds [(W)]
- Pepitas [(W)]
- Slivered Almonds [(L=.25C)]
- Unsalted Sunflower Seeds [(A=.5C)]
- Walnuts [(W=.25C)]
- Red Wine Vinegar [(W=.5C)]
- Rice Vinegar [(Z=1t)]
- Ume Plum Vinegar [(W=1T) (Z=1T)]
- Apple Cider Vinegar [(A=1T+1t)]
- Tomato Paste [(M=2T)]
- 15 oz. can Chickpeas [(M=1)]
- 14 oz. can Brown Lentils [(L=1)]
- Nutritional Yeast [(L=4T) (P=2t) (Z=.25C)]
- Cornmeal [(P=3T)]
- Tahini [(W=2T) (M=2t)]
- Organic Maple Syrup [(A=.5t) (W=3T)]
- Pasta of choice [(L=10 oz.)]
- Marinara Sauce [(L=2C)]
- Vegetable broth [(L=.25C) (Z=1C) (M=.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**

- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(A=.5C) (Z=.25C)]
- Unsweetened Plain Plant Yogurt [(M=.5C)]
- Vegan Cream Cheese [(Z)]
 - Kite Hill Cream Cheese**
- Miso [(A=2t) (W=1T) (M=2t)]
 - Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(L=1t)]
- Cayenne Pepper [(M=.25t)]
- Chili Powder [(M=.5t)]
- Coriander [(M=pinch)]
- Cumin [(M=.25t)]
- Fennel [(L=.25t)]
- Garlic Powder [(L=1.75t) (P=.5t) (A=1t) (W=.5t) (Z=.5t) (M=1.75t)]
- Ground Mustard [(W=.25t)]
- Onion Powder [(L=1.5t) (P=.5t) (W=.5t) (Z=.5t) (M=1.25t)]
- Dried Minced Onions [(A=1t) (W=1T) (M=1T)]
- Smoked Paprika [(M=.25t)]
- Sweet Paprika [(P=.5t) (A=.25t) (Z=.5t) (M=.25t)]
- Red Pepper Flake [(L=.25t)]
- Dried Thyme Leaves [(Z=.25t)]
- Turmeric [(M=pinch)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- _____
- _____
- _____
- _____

Recipe Code: Veggie Skillet Lasagna (L), Healthy Mashed Potato Patties (P), Tangy Garlic Aioli (A), Oil Free Maple Walnut Dressing Bowl (W), Vegan Cheesy Zucchini Soup (Z), Moroccan Spiced Chickpeas and Garlic Sauce (M)