



MENU



BREAKFAST IDEAS

- Hash Brown Potato Bowl
- Oatmeal w/ fruits and nuts
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Cashew Alfredo Pasta
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Italian Fresh Tomato Basil Pasta
- Shaved Brussels Sprout Salad
- Vegan Buffalo Veggies
- Creamy Southwestern Soup
- Cashew Cabbage
- _____
- _____

SNACKS IDEAS

- Vegan Ranch Mashed Potatoes
- 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 #66 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(F=1T)]
- Medium Red Onions [(F=.5C) (B=1)]
- Medium Yellow Onions [(S=1) (BB=1)]
- Red Bell Peppers [(BB=1)]
- Jalapeno Peppers [(S=2)]
- Carrots [(B=.5C) (S=2) (BB=1)]
- Celery Ribs [(S=2) (BB=2)]
- Small Campari/Cocktail Tomatoes [(F=12)]
- Baby Potatoes [(S=18)]
- Russet Potatoes [(M=4 lbs.)]
- Medium Green Cabbage [(BB=1)]
- Avocados [(S)]
- Cilantro [(S)]
- Fresh Basil [(F)]
- Chives [(M=3T)]
- Brussels Sprouts [(B=1 lb.)]
- Granny Smith Apple (or tart apple) [(B=1)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(F=.25C) (S=1C) (BB=1.5C)]
- Slivered Almonds [(F=.25C)]
- Walnuts [(B=.75C - optional)]
- Toasted Sesame Seeds [(BB=1T)]
- Dried Cranberries [(B=.75C - optional)]
- Apple Cider Vinegar [(B=.5C) (M=2t)]
- 14.5 oz. can Fire Roasted Petite Diced Tomatoes [(S=1)]
- 15 oz. can Cannellini Beans [(S=2)]
- 15 oz. can Chickpeas [(V=1)]
- 15 oz. can Pinto Beans [(S=2)]
- Nutritional Yeast [(F=2T) (V=1T)]
- Tahini [(B=2t) (V=2t)]
- Organic Maple Syrup [(B=2T) (BB=1T)]
- Pasta of choice [(F=10 oz.)]
- Flour of choice [(S=2T)]
- Teriyaki Sauce [(BB=2T)]
- Coconut Secret Coconut Aminos Teriyaki**
- Hot Sauce [(V=.25C)]
- Franks RedHot Sauce**
- Tamari [(BB=6T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(V=1T) (S=1C)]
- Pacific Organic Vegetable Stock – Low Sodium**

REFRIGERATED

- Unsweetened Plain Plant Milk [(S=2C) (M=.75C)]
- Unsweetened Plain Plant Yogurt [(M=.25C+2T)]
- Miso [(B=1T)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- 10 oz. package California Blend Vegetables [(V=1)]
- Frozen Corn [(S=2C)]
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(F=2t)]
- Cumin [(S=1t)]
- Dried Dill Weed [(M=.25t)]
- Garlic Powder [(F=1t) (B=1t) (V=.25t) (S=1t) (BB=2.5t) (M=2t)]
- Italian Seasoning [(F=.5t)]
- Dried Ground Mustard Powder [(B=2t) (M=.75t)]
- Onion Powder [(F=.5t) (B=1t) (V=.25t) (S=1t) (M=1.5t)]
- Dried Minced Onions [(F=1t) (B=2t) (S=2T)]
- Dried Oregano [(F=2t) (S=.5t)]
- Dried Parsley [(F=.5t)]
- Smoked Paprika [(S=.25t)]
- Sweet Paprika [(S=.25t)]
- Red Pepper Flake [(F)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- White Wine [(F=.5C)]
- _____
- _____

Recipe Code: Italian Fresh Tomato Basil Pasta (F), Shaved Brussels Sprout Salad (B), Vegan Buffalo Veggies (V), Creamy Southwestern Soup (S), Cashew Cabbage Stir Fry (BB), Vegan Ranch Mashed Potatoes (M)