



MENU



BREAKFAST IDEAS

- Vegan Muesli
- GF English Muffin w/ Guacamole
- _____
- _____
- _____

LUNCH IDEAS

- Italian Broccoli Millet Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Chinese 5 Spice BBQ Sandwiches
- Vegan Buffalo Potato Salad
- Moroccan Skillet Beans
- Creamy Dill Dressing Bowl
- Creamy Herb Mushroom Pasta
- _____
- _____

SNACKS IDEAS

- Fast and Easy Asian Slaw
- 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 #68 Shopping List

PRODUCE

- Garlic [(F=1t) (A=1t) (M=2T) (P=1T)]
- Ginger [(F=2t) (A=1t)]
- Small Red Onions [(B=.5C) (D)]
- Large Yellow Onions [(M=1C)]
- Medium Yellow Onions [(P=1)]
- Green Onions [(A=1)]
- Carrots [(B=.5C)]
- Celery [(B=1C)]
- Red Skinned Potatoes [(B=2 lbs.)]
- Mini-English Cucumbers [(D)]
- Radishes [(D)]
- Mushrooms (of choice) [(P=12 oz.)]
- Salad Greens of Choice [(D)]
- 12 oz. package coleslaw mix [(A)]
- Asparagus [(D)]
- Fresh Baby Dill [(D=.75 oz. pkg)]
- Fresh Parsley [(P)]
- Lemons [(D=2T)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Medjool Dates [(M=2)]
- Golden Raisins [(M=.5C)]
- Cashews (raw) [(P=.33C)]
- Almond Slices [(D)]
- Hemp Seeds [(D)]
- Rice Vinegar [(F=1T) (A=1T)]
- Balsamic Vinegar [(F=1T)]
- White Distilled Vinegar [(A=1T)]
- White Wine Vinegar [(D=.25C+2T)]
- Apple Cider Vinegar [(B=1T)]
- Tomato Paste [(F=1T) (M=2T)]
- Roasted Red Peppers [(M=.75C)]
- 15.5 oz. can Cannellini Beans [(M=1)]
- 15.5 oz. can Chickpeas [(B=1) (M=1)]
- Nutritional Yeast [(B=2T)]
- Flour (of choice) [(P=2T)]
- Cornstarch [(F=1t)]
- Molasses [(F=2t)]
- Tahini [(F=1T) (A=1t) (B=2T) (D=2T+1t)]
- Organic Maple Syrup [(F=.33C) (A=1T) (D=2T)]
- Pasta of choice [(P=12 oz.)]
- Rice of choice [(M=optional)]
- Hot Sauce [(B=.25C)]
- ✓ **Frank's RedHot Sauce**

www.monkeyandmekitchenadventures.com

- Chili Garlic Sauce [(F=.5t)]
- ✓ **Huy Fong Chili Garlic Sauce**
- Tamari [(F=3T) (A=1T) (P=2T)]
- ✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(M=.5C) (P=.5C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Yogurt [(B=2T+2t)]
- Unsweetened Plain Plant Milk [(P=1C)]
- Miso [(F=1t) (A=1t) (D=1T)]
- ✓ **Miso Master Organic Mellow White**
- Cream Cheese [(D)]
- ✓ **Kite Hill Cream Cheese**
- _____

FROZEN

- Frozen Peas [(D)]
- _____
- _____

SPICES USED:

- Cayenne Pepper [(M=.25t)]
- Celery Seed [(B=.5t)]
- Chinese Five Spice Blend [(F=1t)]
- Cumin [(M=1)]
- Dried Dill Weed [(B=.25t)]
- Garlic Powder [(B=.75t) (M=1t) (D=2t) (P=1t)]
- Ginger [(M=.5t)]
- Harissa Seasoning [(M=2.5t)]
- Ground Mustard Powder [(D=1t)]
- Onion Powder [(B=.75t) (M=1t) (P=1t)]
- Dried Minced Onions [(M=2T) (D=2t) (P=1T)]
- Smoked Paprika [(M=.5t)]
- Sweet Paprika [(M=1t)]
- Red Pepper Flake [(F=.25t)]
- Crushed Rosemary [(P=pinch)]
- Dried Thyme Leaves [(P=1t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Internet Purchase – Soy Curls [(F)]
- ✓ **Butler Soy Curls**
- Sandwich Buns (of choice) [(F)]
- White Wine [(M=.5C) (P=.5C)]

Recipe Code: Chinese Five Spice BBQ Sandwiches (F), Fast and Easy Asian Slaw (A), Vegan Buffalo Potato Salad (B), Moroccan Skillet Beans (M), Creamy Dill Dressing (D), Creamy Herb Mushroom Pasta (P)