



MENU



BREAKFAST IDEAS

- Vegan Pumpkin Muffins
- Veggie Hummus Wrap
- _____
- _____
- _____

LUNCH IDEAS

- Tex-Mex Creamed Corn
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Chickpea Potato Cacciatore
- Spicy Arrabbiata Sauce w/ Pasta
- Vegan Ranch Dressing Bowl
- Cajun Jackfruit & Collard Greens
- Vegan Carbonara Pasta
- _____
- _____

SNACKS IDEAS

- Beet Hummus
- 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 #69 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(P=1T) (A=1T) (J=2T) (V=1T)]
- Small Red Onions [(A=.5C) (R)]
- Medium Red Onions [(J=1)]
- Large Yellow Onions [(P=1C)]
- Medium Yellow Onions [(V=.5C)]
- Red Bell Peppers [(P=1)]
- Green Bell Peppers [(J=1)]
- Carrots [(R) (J=.5C)]
- Celery Ribs [(J=2)]
- Red Skinned Potatoes [(P=4C)]
- Mini-English Cucumbers [(R)]
- Radishes [(R)]
- Button Mushrooms [(P=10 oz.)]
- Salad Greens of Choice [(R)]
- Tomatoes [(R)]
- Collard Greens [(J=4C)]
- Fresh Parsley [(P)]
- Fresh Basil Leaves [(A=15)]
- Fresh Chives [(R=2.5t)]
- Lemons [(R=2t)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Apple Cider Vinegar [(R=1T+1t)]
- Tomato Paste [(P=2T) (A=1T) (J=2T)]
- 14.5 oz. can Petite Diced Tomatoes [(P=1) (A=1)]
- 14.5 oz. can Fire Roasted Petite Diced Tomatoes [(J=1)]
- Sundried Tomatoes [(V=6)]
- 15.5 oz. can Kidney Beans [(J=1)]
- 15.5 oz. can Chickpeas [(P=1) (R)]
- 14 oz. can Young Green Jackfruit [(J=1)]
- Nutritional Yeast [(P=1T+1t) (A=2T) (V=3T)]
- Baking Soda [(P=pinch) (A=.25t)]
- Flour (of choice) [(V=1T)]
- Liquid Smoke [(V=.5t)]
- Tahini [(V=1T)]
- Pasta of choice [(A=12 oz.) (V=10 oz.)]
- Rice of choice [(J)]
- 12 oz. pkg Soft Silken Tofu [(R=1)]
- Hot Sauce [(J)]
- Frank's RedHot Sauce**
- Tamari [(P=1T) (A=1T) (V=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(P=.5C) (A=.5C) (J=1T) (V=.25C)]

✓ **Pacific Organic Vegetable Stock – Low Sodium**

- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(V=.5C)]
- Miso [(J=1T) (V=2t)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- Frozen Peas [(V=1C)]
- _____
- _____
- _____

SPICES USED:

- Bay Leaves [(P=1) (J=1)]
- Dried Basil [(P=1t)]
- Cayenne Pepper [(J=.25t)]
- Dried Dill Weed [(R=pinch) (J=pinch)]
- Garlic Powder [(P=1t) (A=1t) (R=1.75t) (J=1t) (V=1t)]
- Italian Seasoning [(P=1.5t)]
- Ground Mustard Powder [(R=.25t)]
- Nutmeg [(V=pinch)]
- Onion Powder [(P=1t) (A=1t) (R=.75t) (J=1t) (V=1t) (V=2T)]
- Dried Minced Onions [(P=2T) (A=2T) (J=2T)]
- Dried Oregano [(A=1t) (J=.5t)]
- Smoked Paprika [(J=1t)]
- Sweet Paprika [(J=.5t)]
- Dried Parsley [(R=.75t)]
- Red Pepper Flake [(P=.5t) (A=.5t)]
- Dried Thyme Leaves [(P=.5t) (J=1t)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- _____
- _____
- _____
- _____

Recipe Code: Chickpea Potato Cacciatore (P), Spicy Arrabbiata Sauce (A), No Oil Vegan Ranch Dressing Bowl (R), Cajun Jackfruit and Collard Greens (J), Vegan Carbonara Pasta (V)