



MENU



BREAKFAST IDEAS

- Vegan Banana Bread
- Veggie Hummus Wrap
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Pho
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- General Tso's Broccoli Stir Fry
- Mediterranean Pasta Salad
- Creamy Butternut Squash Soup
- Spicy Pineapple Chickpea Tacos
- Healthy Vegan Jambalaya
- _____
- _____

SNACKS IDEAS

- Red Hot Quinoa Flatbread Chips
- 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 #72 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(G=1T) (B=1T) (P=2t) (J=1T)]
- Ginger [(G=1t)]
- Medium Red Onions [(M=.5C) (P=.5)]
- Small Red Onions [(P)]
- Large Yellow Onions [(B=1)]
- Medium Yellow Onions [(J=1)]
- Green Onions [(G)]
- Green Bell Peppers [(J=1)]
- Jalapeno Peppers [(P=1)]
- Carrots [(J=1)]
- Celery Ribs [(J=2)]
- Small Tomatoes [(M=1C)]
- Mini-English Cucumbers [(M=1.25C)]
- Baby Spinach [(J=3C)]
- 8 oz. Cremini Mushrooms [(G=1)]
- Avocados [(P)]
- Cilantro [(P)]
- Flat Leaf Parsley [(J)]
- Broccoli [(G=4C)]
- Cauliflower [(B=6C)]
- Small Butternut Squash [(B=.5)]
- Lemons [(M=1t)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(B=.5C)]
- Toasted Sesame Seeds [(G)]
- Red Wine Vinegar [(M=.25C)]
- Rice Vinegar [(G=2T)]
- White Distilled Vinegar [(P=1T)]
- Ume Plum Vinegar [(B=2T)]
- Tomato Paste [(G=1T)]
- 14.5 oz. can Fire Roasted Petite Diced Tomatoes [(J=1)]
- Roasted Red Peppers [(M=.5C)]
- 16 oz. can Kidney Beans [(J=1)]
- 15 oz. can Chickpeas [(G=1) (M=1) (P=2)]
- 20 oz. can Pineapple Chunks [(P=1)]
- 15 oz. can Corn [(P=1)]
- Liquid Smoke [(P=1t) (J=.25t)]
- Brined Artichoke Hearts [(M=1)]
- Kalamata Olives [(M=.5C)]
- Nutritional Yeast [(M=2t) (B=.25C)]
- Cornstarch [(G=1T)]
- Tahini [(G=2t) (M=1T)]
- Organic Maple Syrup [(G=.25+1T) (P=1T)]

- Sriracha [(G)]
- Pasta of choice [(M=8 oz.)]
- Rice of choice [(G) (J=1.5C)]
- Hot Sauce [(J)]
- Frank's RedHot Sauce**
- Tamari [(G=1T+.25C) (M=2t) (P=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(G=2T) (B=1C) (J=2C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

REFRIGERATED

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

FROZEN

- _____
- _____
- _____

SPICES USED:

- Dried Basil [(M=.5t)]
- Bay Leaves [(J=1)]
- Cayenne Pepper [(J=.25t)]
- Chili Powder [(P=2T+1t)]
- Chipotle Powder [(P=.5t)]
- Cumin [(P=1t)]
- Dried Dill Weed [(J=.25t)]
- Garlic Powder [(M=1t) (B=1t) (J=2t)]
- Onion Powder [(M=1t) (B=1t) (J=1t)]
- Dried Minced Onions [(M=2t) (B=2T) (J=2T)]
- Dried Oregano [(M=.25t) (J=.25t)]
- Smoked Paprika [(B=1T+1t) (P=1t) (J=1t)]
- Sweet Paprika [(J=1t)]
- Dried Thyme Leaves [(J=.25t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Taco Shells/Tortillas (of choice) [(P)]
- _____
- _____
- _____

Recipe Code: General Tso's Broccoli Mushroom Stir Fry (G), Mediterranean Pasta Salad (M), Healthy Vegan Jambalaya (J), Creamy Smoky Butternut Squash Soup (B), Spicy Pineapple Chickpea Tacos (P)