



MENU



BREAKFAST IDEAS

- Vegan Cream Cheese Flatbread
- Oatmeal w/ Fruit & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Loaded Mediterranean Potato
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- French Lentil Mushroom Stew
- Veggie Lo Mein
- Vegan Salisbury Steak
- Beet Green Apple Salad
- Spiced Kale Potato Stew
- _____
- _____

SNACKS IDEAS

- Healthy Vegan Pecan Sandies
- 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 #74 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(F=2T) (L=1T) (S=1T) (K=2T)]
- Ginger [(L=1t)]
- Large Red Onions [(F=1C)]
- Small Red Onions [(M)]
- Medium Yellow Onions [(K=1)]
- Medium Sweet Onions [(L=1)]
- Green Onions [(L)]
- Red Bell Peppers [(K=1)]
- Jalapeno Peppers [(K=2)]
- Carrots [(F=.25C+.33C)]
- Celery [(F=.5C)]
- Potatoes [(S)]
- Baby Red Potatoes [(K=5)]
- Beet Greens [(M=3C)]
- Baby Spinach [(F=4C) (L=4C) (M=3C)]
- Baby Arugula [(M=2C)]
- Kale [(M=4C)]
- Cilantro [(K)]
- 8 oz. package Cremini Mushrooms [(F=1) (S=1)]
- Fuji Apple [(M=1)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Pecans [(M=.25C)]
- Dried Cranberries [(M=.25C)]
- Toasted Sesame Seeds [(L)]
- Rice Vinegar [(L=1T)]
- Ume Plum Vinegar [(L=1t)]
- Apple Cider Vinegar [(M=4T)]
- Tomato Paste [(F=2T) (L=1T) (S=1T)]
- 14.5 oz. can Fire Roasted Petite Diced Tomatoes [(K=1)]
- 15 oz. can Chickpeas [(L=1) (K=1)]
- Dry French Lentils (or brown) [(F=1C)]
- Nutritional Yeast [(S=2T)]
- Flour (of choice) [(S=1T+1t)]
- Cornstarch [(L=1t)]
- Tahini [(L=2t) (M=1t)]
- Organic Maple Syrup [(L=2T) (M=3t)]
- Lo Mein Noodles (or spaghetti) [(L=10 oz.)]
- Rice of choice [(F=.5C)]
- Chili Garlic Sauce [(L=1t)]
- Huy Fong Chili Garlic Sauce**
- Tamari [(F=2T) (L=3T) (S=2T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(F=2C) (L=2T) (S=1C) (K=1C)]

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

- _____
- _____
- _____

REFRIGERATED

- White Miso [(L=1t) (M=2t) (K=1T)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

- 16 oz. package frozen Chinese Vegetables [(L=1)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Bay Leaves [(F=2)]
- Cinnamon [(K=pinch)]
- Coriander [(K=.75t)]
- Cumin [(F=1t) (K=.5t)]
- Garlic Powder [(F=1.25t) (S=1t) (M=1t) (K=1t)]
- Dried Ground Mustard [(S=.5t) (M=1t)]
- Onion Powder [(F=1.25t) (S=1t) (M=1t) (K=1t)]
- Dried Minced Onions [(F=2T) (S=1T) (M=1t) (K=2T)]
- Smoked Paprika [(K=1t)]
- Red Pepper Flake [(L=.25t)]
- Dried Rubbed Sage [(S=pinch)]
- Dried Thyme Leaves [(F=2t) (S=1t)]
- Dried Crushed Rosemary [(F=.5t) (S=pinch)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- Red Wine [(F=.5C)]
- Internet Purchase – Butler Soy Curls [(S=1.5C)]
- _____
- _____
- _____
- _____
- _____

Recipe Code: French Lentil Rice Mushroom Stew (F), Veggie Lo Mein (L), Vegan Salisbury Steak (S), Beet Greens and Apple Salad with Maple Mustard Vinaigrette (M), Spiced Kale Potato Stew (K)