



BREAKFAST IDEAS

- Apple Walnut Cookie Scones
- Sweet & Savory Sweet Potato Toasts
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Pickle Macaroni Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Veggie Tetrazzini
- Cauliflower Fiesta Tacos
- Collard Greens Salad Bowl
- Vegan Two Lentil Potato Stew
- BBQ Tempeh Burger/Wrap
- _____
- _____

SNACKS IDEAS

- Classic Vegan Coleslaw
- 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 #76 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(Z=1T) (F=1T) (G=1t) (L=2T)]
- Medium Red Onions [(F=.75C) (W=.5C)]
- Medium Yellow Onions [(L=1)]
- Red Bell Peppers [(F=1) (L=1)]
- Jalapeno Peppers [(F=1)]
- Carrots [(L=1) (W=3)]
- Celery [(L=1)]
- Potatoes [(G)]
- Russet Potatoes [(L=4 medium)]
- Purple Cabbage Head [(W=.5)]
- Collard Greens [(G=6C)]
- Cremini Mushrooms [(Z=12 oz.)]
- Avocados [(F)]
- Cilantro [(F) (L)]
- Cauliflower [(F=4C)]
- Lemons [(W=1T+1t)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Medjool Dates [(W=1)]
- Cashews (raw) [(W=1C)]
- White Wine Vinegar [(G=1T)]
- Apple Cider Vinegar [(G=4T) (W=3T+1t)]
- 14.5 oz. can Petite Diced Tomatoes [(L=1)]
- 14.5 oz. can Fire Roasted Petite Diced Tomatoes [(G=1C)]
- 15 oz. can Black-eyed Peas [(G=1)]
- 15 oz. can Pinto Beans [(F=1C)]
- Dried Brown Lentils [(L=.5C)]
- Dried Split Red Lentils [(L=.5C)]
- Nutritional Yeast [(Z=2T+1T) (F=2T+1t)]
- Flour (of choice) [(Z=1T+2t)]
- Tahini [(G=1t)]
- Organic Maple Syrup [(G=.5t)]
- Salsa (of choice) [(F=3T)]
- Liquid Smoke [(F=.5t)]
- Spaghetti [(Z=10 oz.)]
- Stone Ground Mustard (of choice) [(W=.5t)]
- BBQ Sauce (of choice) [(Q=2C)]
- Hot Sauce [(W=2 drops)]
- Frank's RedHot Sauce**
- Tamari [(Z=2T) (F=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(Z=1.33C) (F=2T) (L=.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(Z=.66C) (W=2T)]
- Miso [(G=2t)]
- Miso Master Organic Mellow White**
- 8 oz. package organic tempeh [(Q=2)]
- _____
- _____
- _____
- _____

FROZEN

- Frozen Mixed Vegetables [(Z=1.5C)]
- Frozen Corn [(F=1C)]
- _____
- _____
- _____
- _____

SPICES USED:

- Cayenne Pepper [(F=.25t) (L=.25t)]
- Celery Seed [(W=.5t)]
- Chili Powder [(F=1T)]
- Dried Dill Weed [(G=pinch)]
- Dried Coriander [(F=.25t) (L=.25t)]
- Cumin [(F=pinch) (L=.5t)]
- Garlic Powder [(Z=1t+.25t) (F=1t) (G=1t) (L=1t)]
- Ground Mustard [(Z=1t)]
- Onion Powder [(Z=1t)(F=1t) (G=1t) (L=1t)]
- Dried Minced Onions [(Z=2T)]
- Dried Oregano [(G=.5t)]
- Dried Parsley [(Z=1t)]
- Smoked Paprika [(F=1t) (L=1t)]
- Red Pepper Flake [(G=.5t)]
- Dried Thyme Leaves [(Z=.5t) (G=.5t)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- Siete Almond Flour Tortillas (or bread crumbs) [(Z=.5C)]
- Tortilla/Taco Shells [(F)]
- Buns/Wraps (of choice) [(Q)]
- _____

Recipe Code: Vegan Veggie Tetrizzini (Z), Cauliflower Fiesta Tacos (F), Collard Greens and Black-eyed Pea Salad (G), Vegan Two Lentil Potato Stew (L), Texas Style Barbecue Tempeh (Q), Classic Vegan Coleslaw (W)