



BREAKFAST IDEAS

- Vegan Crumble Coffee Cake
- GF English Muffin w/ Guac
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Green Goddess Pasta Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Pierogi Stuffed Shells
- Vegan Spanish "Chorizo" & Rice
- Orange Veggie Stir Fry
- Vegan Broccoli Cheese Soup
- Tuscan Bean Salad
- _____
- _____

SNACKS IDEAS

- Chocolate Chip Deep Dish Cookie
- 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 #77 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(S=2T) (V=2t) (B=1T)]
- Ginger [(V=2t)]
- Large Yellow Onions [(P=1C) (S=1C)]
- Green Onions [(X=3)]
- Leeks [(B=3)]
- Green Bell Peppers [(X=.5)]
- Red Bell Peppers [(X=.5)]
- Carrots [(B=3)]
- Celery [(B=2) (X=2)]
- Potatoes [(P) (B=6 med.)]
- Baby Spinach [(P=1C) (S=2C) (V=4C)]
- Flat Leaf Parsley [(X)]
- Broccoli [(B=4C)]
- Cauliflower [(V=4C)]
- Kalamata Olives [(X)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(P=.5C) (B=.5C)]
- Rice Vinegar [(V=1T)]
- White Distilled Vinegar [(P=1T)]
- White Balsamic Vinegar [(X=.25C)]
- Ume Plum Vinegar [(P=1t) (B=1T)]
- Tomato Paste [(S=2T)]
- Sundried Tomato Halves [(X=3)]
- 15 oz. can Cannellini Beans [(X=1C)]
- 15 oz. can Navy Beans [(X=1C)]
- 15 oz. can Chickpeas [(S=1) (V=1) (X=1C)]
- 15 oz. can Black Beans [(X=1C)]
- Nutritional Yeast [(P=5T) (B=4T)]
- Tahini [(V=1T) (X=1t)]
- Organic Maple Syrup [(V=3T) (X=1t)]
- Molasses [(V=2t)]
- Liquid Smoke [(S=.5t)]
- 12 oz. Jumbo Pasta Shells [(P=1)]
- Brown Rice (or of choice) [(S=1C) (V)]
- Millet [(X=1C)]
- Chili Garlic Sauce [(V=2t)]
- Huy Fong Chili Garlic Sauce**
- Tamari [(S=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(P=2T+2T) (S=1C) (V=4T) (B=2C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____

- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Yogurt [(P=.25C)]
- Unsweetened Plain Plant Milk [(P=2T) (B=1C)]
- Orange Juice [(V=.66C)]
- Miso [(B=1T) (X=2t)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

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

SPICES USED:

- Cayenne Pepper [(S=.25t)]
- Cumin [(S=.5t)]
- Ground Fennel [(S=.75t)]
- Garlic Powder [(P=1t+1t) (S=1t) (B=1t) (X=.5t)]
- Italian Seasoning [(X=2.5t)]
- Onion Powder [(P=1t+1t) (S=1t) (B=1t)]
- Dried Minced Onions [(P=1t) (S=2T) (B=2T)]
- Saffron [(S=pinch)]
- Smoked Paprika [(S=1t)]
- Sweet Paprika [(S=1t) (B=.5t)]
- Red Pepper Flake [(V=1T=1t)]
- Dried Thyme Leaves [(B=pinch)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- _____
- _____
- _____
- _____
- _____

Recipe Code: Vegan Pierogi Stuffed Shells (P), Vegan Spanish Spicy "Chorizo" and Rice (S), Orange Veggie Stir Fry (V), Vegan Broccoli Cheese Soup (B), Tuscan Bean Salad (X)