



BREAKFAST IDEAS

- Vegan Cornmeal Pancakes
- GF English Muffin/Toast w/ PB&J
- _____
- _____
- _____

LUNCH IDEAS

- Lentil Mushroom Wild Rice Pilaf
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Creamy Aleppo Pepper Pasta
- Harvest Chickpea Salad
- Vegan Tamale Skillet
- Vegan Korean BBQ Cauliflower
- Spanish Butter Bean Stew
- _____
- _____

SNACKS IDEAS

- Vegan Cranberry Walnut Cookies
- 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 #80 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(A=1T) (S=1T) (K=1T) (B=2T)]
- Ginger [(K=1t)]
- Large Red Onions [(S=1C)]
- Medium Red Onions [(A=.5C) (B=1)]
- Small Red Onions [(H=.25C)]
- Green Onions [(K=4)]
- Green Bell Peppers [(S=.5)]
- Red Bell Peppers [(S=.5) (B=1)]
- Jalapeno Peppers [(S=2)]
- Carrots [(H=.25C)]
- Celery [(H=.25C)]
- Medium Sweet Potatoes [(B=1)]
- Baby Spinach [(A) (K=3C)]
- Flat Leaf Parsley [(A) (B)]
- Cauliflower [(K=1)]
- Gala Apple [(H=.5)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Pecans [(H=.25C)]
- Toasted Sesame Seeds [(K=2T)]
- Dried Cranberries [(H=.5C)]
- Unsalted Almond Butter [(S=2T)]
- Ume Plum Vinegar [(A=1t)]
- Apple Cider Vinegar [(H=1T)]
- Vegan Mayonnaise (of choice) [(H=6T)]
- Unsweetened Apple Sauce [(S=3T)]
- Tomato Paste [(S=1T)]
- Tomato Sauce [(S=8 oz.)]
- Roasted Red Peppers [(A=.5C)]
- 14.5 oz. can Petite Diced Tomatoes [(B=1)]
- 15 oz. can Chickpeas [(H=1)]
- 15 oz. can Black Beans [(S=1)]
- 15 oz. can Pinto Beans [(S=1)]
- 15.5 oz. can Butter Beans [(B=2)]
- 15 oz. can Corn [(S=1)]
- Nutritional Yeast [(A=.25C)]
- Flour (of choice) [(A=1T) (S=1T)]
- Masa Harina [(S=2T)]
- Cornmeal [(S=1C)]
- Almond Flour [(S=3T)]
- Baking Powder [(S=2t)]
- Baking Soda [(S=.5t)]
- Cornstarch [(K=1T)]
- Rice (of choice) [(B)]
- Organic Maple Syrup [(S=2T) (K=3T)]

- Molasses [(K=1t)]
- Sriracha [(K)]
- Pasta of choice [(A=12 oz.)]
- Tamari [(B=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(A=1C) (S=.5C) (K=.33C) (B=1.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(A=2T) (S=.25C)]
- Miso [(K=1T) (B=1T)]
- Miso Master Organic Mellow White**
- _____
- _____

FROZEN

- 12 oz. package frozen California Blend Vegetables [(A=1)]
- Pearl Onions [(B=10)]
- _____
- _____

SPICES USED:

- Aleppo Pepper [(A=1t)]
- Bay Leaves [(B=1)]
- Celery Seeds [(H=pinch)]
- Chili Powder [(S=1T+1t)]
- Chipotle Powder [(S=.25t)]
- Cumin [(S=.5t) (B=.25t)]
- Garlic Powder [(A=1t) (H=1t) (S=1t) (B=1t)]
- Ground Mustard Powder [(H=.5t)]
- Nutmeg [(H=pinch)]
- Onion Powder [(A=1t) (H=1t) (S=1t) (B=1t)]
- Dried Minced Onions [(A=1t) (S=2T) (B=2T)]
- Dried Oregano [(S=.25t) (B=1t)]
- Smoked Paprika [(A=1t) (S=.25t) (B=1t)]
- Sweet Paprika [(B=1t)]
- Red Pepper Flake [(K=.25t)]
- Dried Ground Rosemary Powder [(H=.25t)]
- Dried Rubbed Sage [(H=.25t)]
- Dried Thyme Leaves [(H=.5t)]
- Turmeric [(B=.25t)]
- Sea Salt
- Black Pepper

MISC:

- _____
- _____

Recipe Code: Creamy Aleppo Pepper Pasta (A), Harvest Chickpea Salad (H), Vegan Tamale Skillet (S), Vegan Korean BBQ Cauliflower (K), Spanish Butter Bean Sweet Potato Stew (B)