



MENU



BREAKFAST IDEAS

- Southwestern Sweet Potato Bowl
- Plant Yogurt w/ Fruits, Nuts & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Lemon Poppy Seed Dressing Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Dijon Gravy w/ Mushrooms & Beans
- Chickpea Noodle Soup
- Szechuan Veggie Stir Fry
- Cauliflower Potato Curry
- Vegan Arroz Con Pollo
- _____
- _____

SNACKS IDEAS

- Mexican Hot Chocolate 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 #82 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(D=1T) (N=1T) (S=2t) (P=2T) (A=2T)]
- Ginger [(S=1t) (P=2t)]
- Small Red Onions [(D=.5C)]
- Large Yellow Onions [(N=1C) (P=1C)]
- Medium Yellow Onions [(A=1)]
- Green Onions [(S)]
- Green Bell Peppers [(A=1)]
- Red Bell Peppers [(A=1)]
- Serrano Peppers (or Jalapeno) [(P=1)]
- Carrots [(N=1C) (P=1)]
- Celery [(N=.75C)]
- Russet Potatoes [(D) (P=4C)]
- Baby Spinach [(D=1.5C) (N=3C)]
- Cilantro [(P)]
- Flat Leaf Parsley [(D) (N) (A)]
- Cauliflower [(P=1 lb.)]
- Lemons [(N=1T) (A)]
- 8 oz. Cremini Mushrooms [(D=1)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Toasted Sesame Seeds [(S)]
- Jar Capers [(A=2T)]
- Jar Green Olives [(A=8 olives)]
- Rice Vinegar [(S=1T)]
- Balsamic Vinegar [(S=1T)]
- Tomato Paste [(A=2T)]
- 14.5 oz. can Petite Diced Tomatoes [(P=1)]
- 15 oz. can Cannellini Beans [(D=1)]
- 15 oz. can Chickpeas [(N=1)]
- Can Light Coconut Milk [(P=1C)]
- Nutritional Yeast [(N=2T+)]
- Dijon Mustard [(D=4t)]
- Flour of choice [(D=1.25t)]
- Molasses [(S=2t)]
- Cornstarch [(S=.5t)]
- Tahini [(S=1T)]
- Organic Maple Syrup [(S=3T)]
- Pasta of choice [(N=2C)]
- Rice of choice [(S) (P) (A=1C)]
- Sriracha Sauce [(S)]
- Chili Garlic Sauce [(S=3t)]
- Huy Fong Chili Garlic Sauce**
- Tamari [(D=1T) (S=3T) (A=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(D=.5C) (N=2.5C) (P=.5C) (A=1.5C)]

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

- _____
- _____
- _____

REFRIGERATED

- White Miso [(D=2t) (N=1T) (A=1T)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- 12 oz. package Frozen Asian Blend Vegetables [(S=1)]
- Frozen Peas [(P=1.25C)]
- _____
- _____
- _____

SPICES USED:

- Bay Leaves [(N=2)]
- Cayenne Pepper [(A=.25t)]
- Cumin [(A=1t)]
- Curry Powder [(P=1T+1t)]
- Garam Masala [(P=1t)]
- Garlic Powder [(D=1t) (N=1t) (P=1t) (A=1t)]
- Dried Ground Mustard Powder [(D=1.25t) (S=.5t)]
- Nutmeg [(N=pinch)]
- Onion Powder [(D=1t) (N=1t) (P=1t) (A=1t)]
- Dried Minced Onion Flakes [(N=2T) (P=2T) (A=2T)]
- Dried Oregano [(A=1t)]
- Dried Parsley [(N=2t)]
- Smoked Paprika [(A=2t)]
- Red Pepper Flake [(N) (S=.25t)]
- Dried Rosemary [(N=pinch)]
- Dried Rubbed Sage [(N=pinch)]
- Dried Thyme Leaves [(D=1t) (N=1t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Soy Curls (Internet Purchase) [(A=1.5C)]
- White Wine [(D=.33C)]
- _____
- _____
- _____
- _____

Recipe Code: Dijon Gravy with Mushrooms and Beans (D), Chickpea Noodle Soup (N), Szechuan Veggie Stir Fry (S), Cauliflower Potato Curry (P), Vegan Arroz Con Pollo (A)