



MENU



BREAKFAST IDEAS

- Chocolate PB Banana Wrap
- Oats, Plant Milk, Raisins & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Tex-Mex Stovetop Casserole
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Pizza Sloppy Joes Under Bun
- Potato Vindaloo
- Italian Pasta and Kale
- Corn Salad Over Sweet Potatoes
- Vegan Egg Roll Stir Fry
- _____
- _____

SNACKS IDEAS

- Cilantro Lime Hummus
- 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 #84 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(P=1T) (V=2T) (K=2T) (R=2T)]
- Ginger [(V=2t) (R=.5t)]
- Medium Red Onions [(K=.5C) (R=1)]
- Small Red Onions [(L=.25+2T)]
- Large Yellow Onions [(P=1C) (V=1C)]
- Green Onions [(R)]
- Red Bell Peppers [(P=1C)]
- Jalapeno Peppers [(L=1)]
- Carrots [(R=4)]
- Grape Tomatoes [(L=1.75C)]
- Red Skinned Potatoes [(V=8 oz.)]
- Sweet Potatoes [(V=8 oz.) (L)]
- Button Mushrooms [(P=1C)]
- Baby Spinach [(V=3C)]
- Kale [(K=4C)]
- Small Green Cabbage [(R=1)]
- Cilantro [(L=3T+1C)]
- Limes [(L=2T+2t)]
- _____
- _____

DRY/CANNED/JARRED GOODS

- Toasted Sesame Seeds [(R=2T)]
- Pine Nuts [(K=3T)]
- Red Wine Vinegar [(V=2T)]
- Rice Vinegar [(R=1T)]
- Apple Cider Vinegar [(P=1t)]
- White Balsamic Vinegar [(K=2T)]
- Unsweetened Applesauce [(P=3T)]
- Sundried Tomato Halves [(K=7)]
- Tomato Paste [(V=2T)]
- 14.5 oz. can Petite Diced Tomatoes [(V=1)]
- 15 oz. can Cannellini Beans [(K=1)]
- 15.5 oz. can Chickpeas [(V=1)]
- 15.5 oz. can Navy Beans [(P=1)]
- 14 oz. can Brown Lentils [(P=1)]
- Can Black Olives [(P=.5C)]
- Pizza Sauce [(P=2C)]
- Nutritional Yeast [(P=4T)]
- Almond Flour [(P=1C)]
- Brown Rice Flour [(P=.5C)]
- Potato Starch [(P=.25C)]
- Flax Meal [(P=1T)]
- Baking Soda [(P=.5t) (V=.25t)]
- Tahini [(P=1T) (K=1.5t)]
- Organic Maple Syrup [(R=5t)]
- Pasta of choice [(K=12 oz.)]
- Tamari [(P=1T) (R=.25C+1T)]
- ✓ **San J Gluten Free Low Sodium**

- Vegetable broth [(P=.75C) (V=1C) (K=.75C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(P=.5C)]
- White Miso [(V=1T) (K=2t) (R=1T)]
- ✓ **Miso Master Organic Mellow White**
- Hummus (of choice) [(L=2C)]
- _____
- _____
- _____

FROZEN

- Frozen Veggies (of choice) [(V=1C)]
- Frozen Corn [(L=1C)]
- Frozen Edamame [(R=.66C)]
- Frozen Peas [(R=.66C)]
- _____
- _____

SPICES USED:

- Dried Basil [(K=.5t)]
- Bay Leaves [(V=1)]
- Cayenne Pepper [(V=.25t)]
- Cinnamon [(V=.5t)]
- Coriander [(L=pinch)]
- Cumin [(V=2.5t)]
- Dried Fennel [(P=.25t)]
- Garlic Powder [(P=1t) (V=1t) (K=1t) (L=.5t) (R=.5t)]
- Italian Seasoning [(K=2t)]
- Onion Powder [(P=1t) (V=1t) (K=.5t) (L=.25t) (R=.5t)]
- Dried Minced Onions [(V=2T) (K=1T)]
- Dried Oregano [(P=.5t)]
- Dried Parsley [(K=.5t)]
- Sweet Paprika [(V=1t)]
- Red Pepper Flake [(K=.25t) (R=.25t)]
- Turmeric [(V=pinch)]
- Sea Salt
- Black Pepper
- _____

MISC:

- _____
- _____
- _____
- _____

Recipe Code: Pizza Sloppy Joes Under Bun (P), Potato Vindaloo (V), Italian Pasta and Kale (K), Cilantro Lime Corn Salad over Sweet Potatoes (L), Vegan Egg Roll Stir Fry (R)