



BREAKFAST IDEAS

- Vegan Italian Frittata
- Oatmeal w/ Fruits & Nuts/Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Korean Glass Noodles
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Chinese Pepper "Steak"
- Easy Vegetable Korma
- Vegan Italian Parm Dressing Bowl
- Vegan Three Bean Chili
- Sundried Tomato Basil Pasta
- _____
- _____

SNACKS IDEAS

- Peanut Butter Shortbread 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 #81 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(S=1T) (K=1T) (B=2T)]
- Ginger [(S=2t)]
- Medium Red Onions [(B=1C)]
- Medium Yellow Onions [(K=.5C)]
- Green Onions [(S)]
- Green Bell Peppers [(S=1) (B=.5)]
- Red Bell Peppers [(S=1) (B=.5)]
- Jalapeno Peppers [(B=2)]
- Serrano Peppers [(K=2T)]
- Grape Tomatoes [(P)]
- 8 oz. Baby Bella Mushrooms [(S=1)]
- 6 oz. Portabella Mushroom Caps [(S=1)]
- Salad Greens of Choice [(P)]
- Microgreens [(P)]
- Asparagus [(P)]
- Green Beans [(P)]
- Beets [(P)]
- Radishes [(P)]
- Baby Spinach [(X=1C)]
- Cilantro [(K)]
- Fresh Basil [(X=.25C)]
- Lemons [(P=1T) (X=1t)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Slivered Almonds [(K=.33C) (X=1C)]
- Toasted Sesame Seeds [(S)]
- Red Wine Vinegar [(P=.25C+1T)]
- Rice Vinegar [(S=1T)]
- Apple Cider Vinegar [(B=2t)]
- White Wine Vinegar [(P=.25C+1T)]
- Tomato Paste [(S=1T) (B=2T)]
- 8 oz. can Tomato Sauce [(B=1)]
- Sundried Tomato Halves [(X=6)]
- 14.5 oz. can Petite Diced Tomatoes [(B=1)]
- 16 oz. can Kidney Beans [(B=1)]
- 15 oz. can Chickpeas [(K=1)]
- 15.5 oz. can Pinto Beans [(B=1)]
- Dried Brown Lentils [(B=.5C)]
- Greek Olives [(P)]
- Nutritional Yeast [(P=1T)]
- Masa Harina [(B=2T)]
- Cornstarch [(S=1T)]
- Tahini [(P=3T)]
- Organic Maple Syrup [(S=2T+1t) (P=1t)]
- Molasses [(S=2t)]

- Liquid Smoke [(B=.5t)]
- Pasta of choice [(P) (X=1 lb.)]
- Rice of choice [(S) (K)]
- 14 oz. can Lite Unsweetened Coconut Milk [(K=1)]
- Tamari [(S=1T+.25C)]
✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(S=3T) (K=.25C) (B=.5C) (X=.25C)]
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(X=.5C)]
- White Miso [(S=1T) (P=2t)]
✓ **Miso Master Organic Mellow White**
- _____
- _____

FROZEN

- 20 oz. Bag Frozen Veggies [(K=1)]
- _____
- _____
- _____

SPICES USED:

- Cayenne Pepper [(K=.25t)]
- Celery Seed [(P=pinch)]
- Chili Powder [(B=2T+.5t)]
- Chipotle Powder [(B=.25t)]
- Coriander [(B=.25t)]
- Cumin [(B=1.5t)]
- Curry Powder [(K=4t)]
- Crushed Fennel [(K=pinch)]
- Garlic Powder [(K=1t) (B=1t) (P=1t) (X=1t)]
- Italian Seasoning [(P=1T)]
- Ground Mustard [(S=.25t)]
- Onion Powder [(K=1t) (B=1t) (P=1t) (X=.5t)]
- Dried Minced Onions [(B=2T) (P=1t)]
- Smoked Paprika [(B=1t)]
- Sweet Paprika [(K=.5t) (B=.25t)]
- Red Pepper Flake [(S=.25t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- _____
- _____
- _____
- _____

Recipe Code: Vegan Chinese Pepper "Steak" (S), Easy Vegetable Korma (K), Vegan Three Bean Chili (B), Vegan Italian Parmesan Dressing Bowl (P), Sundried Tomato Basil Sauce with Pasta (X)