



MENU



BREAKFAST IDEAS

- Vegan Veggie Shakshuka
- GF English Muffin w/ Hummus

- _____
- _____
- _____

LUNCH IDEAS

- Vegan Yum Yum Dressing Bowl
- Dinner Leftovers

- _____
- _____
- _____

DINNER IDEAS

- Roasted Veggies in Golden Gravy
- Pasta Puttanesca
- Vegan Yum Yum Dressing Bowl
- Curried Lentil & Sweet Potato Stew
- Crispy Baked Tofu Nuggets

- _____
- _____

SNACKS IDEAS

- Ginger Snap 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 #83 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(P=2T) (R=2T)]
- ☐ Ginger [(R=1T)]
- ☐ Large Yellow Onions [(P=1C)]
- ☐ Medium Yellow Onions [(R=1)]
- ☐ Red Bell Peppers [(R=1)]
- ☐ Carrots [(G=3) (Y) (R=1)]
- ☐ Celery Ribs [(G=3)]
- ☐ Russet Potatoes [(G=2 lbs.)]
- ☐ Sweet Potatoes [(Y) (R=1)]
- ☐ Mini-English Cucumbers [(Y)]
- ☐ Radishes [(Y)]
- ☐ Salad Greens of Choice [(Y)]
- ☐ Baby Spinach [(R=3C)]
- ☐ Avocados [(Y)]
- ☐ Cilantro [(R)]
- ☐ Flat Leaf Parsley [(P)]
- ☐ Cauliflower [(G=8 oz.)]

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Kalamata Olives [(P=10)]
- ☐ Capers (jar) [(P=3T)]
- ☐ Cashews (raw) [(Y=.33C)]
- ☐ Rice Vinegar [(Y=1T)]
- ☐ Ume Plum Vinegar [(Y=2t)]
- ☐ Tomato Paste [(G=2t) (Y=1.5t)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(P=1) (R=1)]
- ☐ 15 oz. can Navy Beans [(P=1)]
- ☐ Dry Split Red Lentils [(R=1C)]
- ☐ Almond Butter [(G=1T)]
- ☐ Nutritional Yeast [(P=3T) (N=1T)]
- ☐ Brown Rice Flour [(N=2t)]
- ☐ Flour (of choice) [(G=2T)]
- ☐ Baking Soda [(P=.25t)]
- ☐ Cornmeal [(N=2T)]
- ☐ Panko Crumbs [(N=.25C)]
- ☐ Tahini [(N=3T)]
- ☐ Organic Maple Syrup [(Y=1t)]
- ☐ Liquid Smoke [(N=.25t)]
- ☐ Pasta of choice [(P=12 oz.)]
- ☐ Rice of choice [(Y)]
- ☐ Tamari [(G=2T) (P=1T) (N=1T)]
- ☒ **San J Gluten Free Low Sodium**
- ☐ Vegetable broth [(G=2C) (P=1C) (R=2C) (N=.33C)]

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

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Organic Super Firm **Prepressed** Tofu [(N=16 oz.)]
- ☐ White Miso [(Y=1t)]
- ☒ **Miso Master Organic Mellow White**

- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ Frozen Pearl Onions [(G=4 oz.)]
- ☐ Frozen Peas [(G=1C)]
- ☐ Frozen Corn [(G=1C)]
- ☐ Frozen Edamame [(Y)]

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Cayenne Pepper [(N=pinch)]
- ☐ Cumin [(R=.25t)]
- ☐ Hot Curry Powder [(R=1T)]
- ☐ Garlic Powder [(G=1.5t) (P=1t) (Y=.5t) (R=2t) (N=1t)]
- ☐ Dried Ground Mustard Powder [(R=.5t) (N=pinch)]
- ☐ Onion Powder [(G=1.5t) (P=1t) (Y=.5t) (R=1t) (N=1t)]
- ☐ Dried Minced Onions [(G=2T) (P=1T) (R=2T)]
- ☐ Dried Oregano [(P=2t)]
- ☐ Dried Parsley [(P=2T)]
- ☐ Sweet Paprika [(Y=.25t) (N=1t)]
- ☐ Red Pepper Flake [(P=.25t)]
- ☐ Dried Ground Rosemary [(G=.25t)]
- ☐ Dried Rubbed Sage [(G=.25t)]
- ☐ Dried Thyme Leaves [(G=1t)]
- ☐ Sea Salt
- ☐ Black Pepper

- ☐ _____
- ☐ _____

MISC:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Roasted Veggies in Golden Gravy (G), Pasta Puttanesca (P), Vegan Yum Yum Dressing Bowl (Y), Curried Red Lentil and Sweet Potato Stew (R), Crispy Baked Tofu Nuggets (N)