



MENU



BREAKFAST IDEAS

- Carrot Cake Breakfast Bake
- GF English Muffin & Guac
- _____
- _____
- _____

LUNCH IDEAS

- Mediterranean Quinoa Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Pasta alla Napolitana
- Vegetable Chow Mein
- Rustic Italian Vegetable Bake
- Pepperoncini Dressing Bowl
- Vegan Buffalo Veggies
- _____
- _____

SNACKS IDEAS

- Vegan Ranch Mashed Potatoes
- Fruit and Veggies
- _____
- _____
- _____

Notes:





Whole Food Plant Based INSTRUCTIONS



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 #86 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(N=2T) (V=1T) (R=2T)]
- Ginger [(V=2t)]
- Medium Yellow Onions [(N=1) (R=1)]
- Green Onions [(V=3)]
- Green Bell Peppers [(I)]
- Red Bell Peppers [(V=1C) (R=1)]
- Yellow Bell Peppers [(P)]
- Carrots [(N=1) (V=.5C)]
- Celery [(N=1)]
- Grape Tomatoes [(P)]
- Russets Potatoes [(R=2 lbs.)]
- Mini-English Cucumbers [(P)]
- Daikon Radishes [(P)]
- Radishes [(P)]
- Salad Greens of Choice [(P)]
- Green Cabbage [(V=3C)]
- Medium Zucchini [(R=1)]
- Flat Leaf Parsley [(N) (R)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(P=.25C)]
- Pine Nuts [(P)]
- Toasted Sesame Seeds [(V)]
- Rice Vinegar [(V=1T)]
- Mirin [(V=2t)]
- Pickled Pepperoncini Peppers [(P=.75C)]
- Greek Olives [(P)]
- Tomato Paste [(N=2T)]
- Tomato Sauce [(N=1)]
- 14.5 oz. can Petite Diced Tomatoes [(N=1) (R=1)]
- 15 oz. can Cannellini Beans [(R=1)]
- 15 oz. can Chickpeas [(P) (B=1)]
- Nutritional Yeast [(N=.25C) (B=1T)]
- Cornstarch [(V=1T)]
- Baking Soda [(N=.25t) (R=.25t)]
- Tahini [(V=1t) (B=2T)]
- Organic Maple Syrup [(V=3T)]
- Molasses [(V=1t)]
- Pasta of choice [(N=12 oz.)]
- Spaghetti [(V=5 oz.)]
- Hot Sauce [(B=.25C)]
- Franks RedHot Sauce**
- Tamari [(V=5T)]
- San J Gluten Free Low Sodium**

- Vegetable broth [(N=.5C) (R=4T) (B=1T)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- _____
- _____
- _____
- _____
- _____
- _____

FROZEN

- 10 oz. package California Blend Frozen Vegetables [(B=1)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(N=2t) (R=1t)]
- Bay Leaves [(R=2)]
- Garlic Powder [(N=1t) (R=1t) (P=.25t) (B=.25t)]
- Onion Powder [(N=1t) (R=1t) (P=.25t) (B=.25t)]
- Dried Minced Onions [(N=2T) (R=2T)]
- Dried Oregano [(N=1t) (R=1.5t)]
- Red Pepper Flake [(N=.25t) (V) (R)]
- Dried Ground Rosemary [(R=.25t)]
- Dried Crushed Thyme Leaves [(R=1t)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- Soy Curls (internet purchase) or beans [(V=1.5C)]
- _____
- _____
- _____
- _____
- _____

Recipe Code: Pasta Alla Napolitana (N), Vegetable Chow Mein (V), Rustic Italian Vegetable Bake (R), Pepperoncini Dressing Bowl (P), Vegan Buffalo Veggies (B)