



MENU



Monkey & Me
kitchen adventures

BREAKFAST IDEAS

- Quinoa Flatbread Bagels
- Plant Yogurt, Oats, Fruits & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Buffalo Bean Wraps
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- French Country Veggie Stew
- Creamy Vegetable Soup
- Oil Free French Dressing Bowl
- Vegan Lentil Hamburger Helper
- Thai Curry Brussel Sprout Soup
- _____
- _____

SNACKS IDEAS

- Chocolate Sesame 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 #88 Shopping List

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PRODUCE

- Garlic [(F=2T) (V=2T) (H=1t) (B=1T)]
- Ginger [(B=1T)]
- Small Red Onions [(D=1T)]
- Large Yellow Onions [(V=1C)]
- Medium Yellow Onions [(F=1) (B=1)]
- Small Yellow Onions [(H=.5C)]
- Red Bell Peppers [(B=1)]
- Carrots [(F=3) (V=.5C) (D) (B=1)]
- Celery [(F=2) (V=.5C)]
- Grape Tomatoes [(D)]
- Russet Potatoes [(F=2 lbs.) (V=10 oz.+2C)]
- Sweet Potatoes [(B=1)]
- Mini-English Cucumbers [(D)]
- Radishes [(D)]
- Salad Greens of Choice [(D)]
- Baby Spinach [(B=4C)]
- Medium Squash [(V=1)]
- Mushrooms [(F=10 oz.)]
- Brussels Sprouts [(B=1 lb.)]
- Cilantro [(B)]
- Flat Leaf Parsley [(F) (V)]
- Limes [(B=1t)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(H=.33C)]
- Hemp Seeds [(D)]
- Pumpkin Seeds [(D)]
- Unsalted Almond Butter [(D=1T)]
- White Distilled Vinegar [(D=3T) (H=1t)]
- Ume Plum Vinegar [(V=2t)]
- Apple Cider Vinegar [(D=1T+1t)]
- Tomato Paste [(F=2T) (D=3T)]
- 14.5 oz. can Petite Diced Tomatoes [(F=1)]
- 15 oz. can Cannellini Beans [(F=1) (B=1)]
- 16 oz. can Kidney Beans [(D)]
- 14 oz. can Brown Lentils [(H=1)]
- 14 oz. can Light Unsweetened Coconut Milk [(B=1)]
- Nutritional Yeast [(V=.25C) (H=.25C)]
- Flour (of choice) [(F=1T) (V=1T)]
- Ketchup (of choice) [(H=2T)]
- Baking Soda [(F=.25t)]
- Organic Maple Syrup [(D=3T)]
- Pasta of choice [(D)]
- Elbow Macaroni [(H=2.25C)]
- Liquid Smoke [(H=.25t)]

- Red Curry Paste [(B=4T)]
✓ **Thai Kitchen Red Curry Paste**
- Hot Sauce [(H=1T)]
✓ **Frank's RedHot Sauce**
- Tamari [(V=1T) (D=1t)]
✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(F=.5C) (V=1.5C) (H=.75C) (B=1C)]
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(V=.25C) (H=1C)]
- Unsweetened Plain Plant Yogurt [(H=2T)]
- Miso [(V=1T)]
✓ **Miso Master Organic Mellow White**
- _____
- _____

FROZEN

- Frozen Corn [(V=.5C)]
- Classic Frozen Mixed Vegetables [(V=16oz.)]
- _____
- _____

SPICES USED:

- Bay Leaves [(F=2) (V=1)]
- Celery Seeds [(D=pinch)]
- Dried Crushed Fennel [(F=.5t)]
- Garlic Powder [(F=1t) (V=1t) (D=1t) (H=1t) (B=1t)]
- Dried Ground Mustard Powder [(F=.5t) (V=.25t) (D=.5t) (H=3t)]
- Onion Powder [(F=1t) (V=1t) (D=1t) (H=1t) (B=1t)]
- Dried Minced Onions [(F=2T) (V=2T) (D=2T) (H=1T) (B=1T)]
- Dried Oregano [(F=.5t) (V=.25t)]
- Dried Parsley [(V=1t)]
- Sweet Paprika [(V=.5t) (D=1t) (H=.5t)]
- Red Pepper Flake [(F) (B)]
- Dried Rosemary [(V=pinch)]
- Saffron [(F=pinch)]
- Dried Rubbed Sage [(V=pinch)]
- Dried Crushed Thyme Leaves [(F=1.5t) (V=1.5t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- White Wine (of choice) [(F=.25C)]
- _____

Recipe Code: French Country Veggie Stew (F), Creamy Vegetable Soup (V), Oil Free French Dressing Bowl (D), Vegan Lentil Hamburger Helper (H), Thai Curry Brussel Sprout Soup (B)