



MENU



BREAKFAST IDEAS

- Flatbread w/ Cream Cheese
- GF English Muffin w/ PB & Banana
- _____
- _____
- _____

LUNCH IDEAS

- Moroccan Spiced Chickpeas
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan "Sausage" Mushroom Pasta
- Easy Kidney Bean Curry
- Pimento Olive Chickpea Salad
- Tex-Mex Creamed Corn Bowl
- Tuscan Kale Potato Bean Soup
- _____
- _____

SNACKS IDEAS

- Rustic Carrot Cake
- 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 #91 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(S=2T) (K=2T) (M=1T) (B=1T)]
- Ginger [(K=1T)]
- Medium Red Onions [(M=.66C)]
- Small Red Onions [(P=.33C)]
- Large Yellow Onions [(S=1C) (K=1C)]
- Medium Yellow Onions [(B=1)]
- Green Bell Peppers [(M=1)]
- Red Bell Peppers [(M=1)]
- Jalapeno Peppers [(K=1) (M)]
- Carrots [(P=.33C) (B=1)]
- Celery Ribs [(P=.33C) (B=2)]
- Grape Tomatoes [(M)]
- Red Skinned Potatoes [(B=3C)]
- Cremini Mushrooms [(S= 8 oz.)]
- Baby Spinach [(S=3C)]
- Tuscan Kale (or kale of choice) [(B=3C)]
- Avocados [(M)]
- Cilantro [(K)]
- Flat Leaf Parsley [(S) (B)]
- Lemons [(B=1T)]
- Limes [(M)]
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Sundried Tomato Halves (no oil) [(B=4)]
- Unsalted Almond Butter [(K=1T)]
- Rice Vinegar [(P=1t)]
- White Distilled Vinegar [(P=1T+2t)]
- Pimento Stuff Green Olives [(P=.5C)]
- Pimento Peppers (jar) [(P=2T)]
- 14.5 oz. can Petite Diced Tomatoes [(K=1)]
- 15 oz. can Cannellini Beans [(B=1)]
- 16 oz. can Kidney Beans [(K=1)]
- 15.5 oz. can Chickpeas [(P=1)]
- 15 oz. can Black Beans [(M)]
- 14 oz. can Brown Lentils [(S=1C)]
- Nutritional Yeast [(P=1T) (S=3T)]
- Flour (of choice) [(M=1T+2t)]
- Baking Soda [(K=.25t)]
- Tahini [(S=2t)]
- Organic Maple Syrup [(M=1t)]
- Pasta of choice [(S=10 oz.)]
- Rice of choice [(K)]
- Tamari [(S=2T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(S=.75C) (K=.25C) (B=1.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**

- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(S=.25C) (M=1C)]
- Unsweetened Plain Plant Yogurt [(M=.5C)]
- Miso [(S=2t) (B=1T)]
- Miso Master Organic Mellow White**
- Vegan Mayonnaise [(P=5T)]
- _____
- _____

FROZEN

- Frozen Corn [(M=16 oz. pkg)]
- _____
- _____

SPICES USED:

- Dried Basil [(B=2t)]
- Bay Leaves [(K=1) (B=1)]
- Cayenne Pepper [(K=pinch)]
- Celery Seeds [(P=pinch)]
- Chili Powder [(K=.75t) (M=1t)]
- Chipotle Powder [(M=.5t)]
- Cumin [(K=.75t) (B=pinch)]
- Dried Crushed Fennel Seeds [(S=.5t)]
- Garam Masala Powder [(K=.75t)]
- Garlic Powder [(P=1t) (S=.5t) (K=1t) (B=1t)]
- Dried Marjoram [(B=pinch)]
- Dried Ground Mustard Powder [(P=.75t)]
- Onion Powder [(P=1t) (S=.5t) (K=1t) (B=1t)]
- Dried Minced Onion Flakes [(K=2T) (B=2T)]
- Dried Oregano [(B=1t)]
- Dried Parsley [(S=1T)]
- Smoked Paprika [(M=1t)]
- Sweet Paprika [(P=.25t)]
- Red Pepper Flakes [(S=1t) (B=.25t)]
- Dried Ground Rosemary [(B=pinch)]
- Dried Crushed Thyme Leaves [(S=1.5t) (B=1t)]
- Turmeric [(K=pinch)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Sandwich Buns/Bread (of choice) [(P)]
- Tortilla Chips (of choice) [(M)]
- _____

Recipe Code: Pimento Olive Chickpea Salad (P), Vegan "Sausage" Mushroom Pasta (S), Easy Kidney Bean Curry (K), Tex-Mex Creamed Corn Bowl (M), Tuscan Kale Potato Bean Soup (B)