



MENU



BREAKFAST IDEAS

- Vegan Veggie Shakshuka
- GF English Muffin w/ PB & J
- _____
- _____
- _____

LUNCH IDEAS

- Italian Broccoli Millet Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Pasta with Saffron Cream
- Apple Ginger Vinaigrette Bowl
- Warming Lentil Soup
- General Tso's Broccoli Mushroom
- Vegan Veggie Bean Cassoulet
- _____
- _____

SNACKS IDEAS

- Chocolate Peanut Butter Delights
- 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 #94 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(S=2T) (L=2T) (G=1T)]
- Ginger [(A=.25t) (G=1t)]
- Large Yellow Onions [(S=1C) (L=1C)]
- Medium Yellow Onions [(B=1)]
- Green Onions [(G)]
- Carrots [(A) (L=2) (B=.75C)]
- Celery Ribs [(L=2) (B=.75C)]
- 8 oz. Cremini Mushrooms [(G=1)]
- Mini-English Cucumbers [(A)]
- Radishes [(A)]
- Salad Greens of Choice [(A)]
- Purple Cabbage [(A)]
- Small Zucchini [(B=1)]
- Small Yellow Squash [(B=1)]
- Flat Leaf Parsley [(L) (B)]
- Broccoli [(G=4C)]
- Lemons [(L=1T)]
- Gala Apples [(A=2)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(S=2T)]
- Unsalted Almond Butter [(B=1T)]
- Sesame Seeds [(A) (G)]
- Rice Vinegar [(A=2T+1t) (G=2T)]
- White Distilled Vinegar [(A=2t)]
- Apple Cider Vinegar [(B=.5t)]
- Tomato Paste [(S=1T) (L=1T) (G=1T)]
- Tomato Sauce [(S=8 oz.)]
- 14.5 oz. can Petite Diced Tomatoes [(L=1)]
- 15.5 oz. can Cannellini Beans [(B=1)]
- 15 oz. can Chickpeas [(S=1) (A) (G=1)]
- 15.5 oz. can Navy Beans [(B=1)]
- Dried Brown (or green) Lentils [(L=1C)]
- Nutritional Yeast [(S=2T)]
- Cornmeal [(B=.5C)]
- Cornstarch [(G=1T)]
- Baking Powder [(B=.5t)]
- Baking Soda [(L=.25t) (B=pinch)]
- Tahini [(A=2t) (G=2t)]
- Liquid Smoke [(B=1.5t)]
- Organic Maple Syrup [(A=1t) (G=.25C+1T) (B=1T)]
- Dijon Mustard [(A=1t)]
- Pasta of choice [(S= 10oz.)]
- Rice of choice [(G)]

✓ Thai Kitchen Red Curry Paste

- Tamari [(S=1T) (G=1T+.25C) (B=1T)]
- ✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(S=1C) (L=3C) (G=2T) (B=1C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

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

FROZEN

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

SPICES USED:

- Aleppo Pepper [(S=.25t)]
- Bay Leaves [(L=1) (B=1)]
- Cayenne Pepper [(L=pinch)]
- Coriander [(L=.25t)]
- Cumin [(L=1.75t)]
- Garlic Powder [(S=1t) (A=1t) (L=1.5t) (B=1t)]
- Onion Powder [(S=1t) (A=1t) (L=1.5t) (B=1t)]
- Dried Minced Onion Flakes [(S=2T) (A=1t) (L=2T) (B=2T)]
- Dried Oregano [(S=1t)]
- Dried Parsley [(S=2t) (B=1t)]
- Smoked Paprika [(L=.75t)]
- Sweet Paprika [(L=.25t)]
- Red Pepper Flake [(L)]
- Dried Rosemary [(B=pinch)]
- Saffron [(S=.25t)]
- Dried Crushed Thyme Leaves [(B=1t)]
- Sea Salt
- Black Pepper

MISC:

- _____
- _____
- _____

Recipe Code: Pasta with Saffron Cream (S), Apple Ginger Vinaigrette Bowl (A), Warming Lentil Soup (L), General Tso's Broccoli Mushroom Stir Fry (G), Vegan Veggie Bean Cassoulet (B)