



MENU



BREAKFAST IDEAS

- Hearty Blueberry Oat Pancakes
- Plant Yogurt w/ Fruit & Oats
- _____
- _____
- _____

LUNCH IDEAS

- Fast and Easy Tomato Soup
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Cauliflower Mac & Cheese
- Vegan Split Pea Potato Soup
- Cuban Black Beans
- Creamy Dill Dressing Bowl
- Cabbage Fried Rice
- _____
- _____

SNACKS IDEAS

- Chocolate Molten Lava Soufflé
- 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 #95 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(P=2T) (B=1T) (F=1T)]
- Ginger [(F=1t)]
- Small Red Onions [(D)]
- Large Yellow Onions [(B=1C)]
- Medium Yellow Onions [(P=1)]
- Small Yellow Onions [(F=1)]
- Green Onions [(F=2)]
- Green Bell Peppers [(B=.5)]
- Red Bell Peppers [(B=.5)]
- Jalapeno Peppers [(B=1)]
- Carrots [(M=.5C) (P=2) (D)]
- Celery Ribs [(P=2)]
- Cauliflower [(M=2C)]
- Napa Cabbage [(F=.5)]
- Russet Potatoes [(M=2C)]
- Baby Potatoes [(P=3C)]
- Mini-English Cucumbers [(D)]
- Radishes [(D)]
- Salad Greens of Choice [(D)]
- Asparagus [(D)]
- Cilantro [(B)]
- Fresh Baby Dill [(D=4T)]
- Limes [(D=2T)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(M=2T)]
- Almond Slices [(D)]
- Hemp Seeds [(D)]
- Toasted Sesame Seeds [(F)]
- White Distilled Vinegar [(M=1T+2t)]
- White Wine Vinegar [(D=.25C+2T)]
- Sherry Vinegar [(B=2t)]
- Tomato Paste [(B=1T)]
- 14.5 oz. can Petite Diced Tomatoes [(B=1)]
- 15.5 oz. can Black Beans [(B=2)]
- Dried Green Split Peas [(P=1.5C)]
- Nutritional Yeast [(M=.25C + 2T)]
- Tahini [(D=2T+1t)]
- Organic Maple Syrup [(D=2T) (F=2t)]
- Liquid Smoke [(P=.25t)]
- Elbow Macaroni [(M=14 oz.)]
- Rice of choice [(B) (F=4C)]
- Panko Crumbs [(M=.25C)]
- Tamari [(M=1T) (P=1T) (F=.25C)]
- ✓ **San J Gluten Free Low Sodium**

- Vegetable broth [(M=.5C) (P=2C) (B=.5C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(M=.33C)]
- Vegan Cream Cheese [(D)]
- ✓ **Kite Hill Cream Cheese**
- Miso [(M=2t) (P=1T) (D=1T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

- Peas [(D) (F=.5C)]
- 12 oz. package Asian Blend Vegetables [(F=1)]
- _____
- _____
- _____
- _____

SPICES USED:

- Bay Leaves [(P=1) (B=2)]
- Cayenne Pepper [(B=.25t)]
- Cumin [(P=pinch) (B=.5t)]
- Garlic Powder [(M=2t) (P=1t) (B=1t) (D=1t)]
- Ground Mustard Powder [(M=1t) (D=1t)]
- Onion Powder [(M=2t) (P=1t) (B=1t)]
- Dried Minced Onions [(M=1T) (P=2T) (B=2T) (D=2t)]
- Dried Oregano [(P=1t) (B=.25t)]
- Dried Parsley [(M=.5t)]
- Smoked Paprika [(M=.25t) (B=.5t)]
- Sweet Paprika [(M=1t) (P=.25t)]
- Dried Thyme Leaves [(P=1t)]
- Turmeric [(M=pinch)]
- Sea Salt
- Black Pepper
- _____

MISC:

- _____
- _____
- _____
- _____

Recipe Code: Vegan Cauliflower Mac and Cheese (M), Vegan Split Pea Potato Soup (P), Cuban Black Beans (B), Creamy Dill Dressing Bowl (D), Cabbage Fried Rice (F)