



MENU



Monkey & Me
kitchen adventures

BREAKFAST IDEAS

- Vegan Muesli
- Roasted Veggie & Hummus Wrap
- _____
- _____
- _____

LUNCH IDEAS

- Greek Potato Salad Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- BBQ Chickpea Pasta
- Vegan Sauerkraut Strudel
- Pineapple Fried Rice
- Vegan Stuffed Shells Soup
- Shaved Brussels Sprout Salad
- _____
- _____

SNACKS IDEAS

- Vegan PB Chocolate Chip 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 #103 Shopping List

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PRODUCE

- Garlic [(S=2T) (K=2T) (P=1T)]
- Ginger [(B=2T) (P=1T)]
- Medium Red Onions [(X=1)]
- Large Yellow Onions [(B=1C) (S=1C) (K=1C)]
- Medium Yellow Onions [(P=.75C)]
- Green Onions [(P)]
- Red Bell Peppers [(K=.5)]
- Carrots [(P=1) (X=.5C)]
- Mushrooms [(S= 8oz.)]
- Tart Apple [(X=1)]
- Brussels Sprouts [(X=1 lb.)]
- Flat Leaf Parsley [(B)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Walnuts [(X=.75C)]
- Dried Cranberries [(X=.75C)]
- Toasted Sesame Seeds [(P)]
- Rice Vinegar [(P=1T)]
- Apple Cider Vinegar [(X=.5C)]
- Tomato Paste [(S=2T)]
- 14.5 oz. can Petite Diced Tomatoes [(B=1) (S=1)]
- 15 oz. can Chickpeas [(B=1)]
- 14 oz. can Brown Lentils [(S=1)]
- 14 oz. can sauerkraut [(K=1)]
- Nutritional Yeast [(B=3T) (S=.25C)]
- Unsalted Almond Butter [(K=2t)]
- Mustard [(K)]
- Tahini [(X=2t)]
- Pure Maple Syrup [(S=1t) (P=2T) (X=2T)]
- Dole Unsweetened Pineapple (jar) [(P=2C)]
- Pasta of choice [(B=9oz.)]
- Jumbo Shells Pasta [(S= 6oz.)]
- BBQ Sauce of choice [(B=.25C+1T)]
- Brown Rice [(P=3C)]
- Chili Garlic Sauce [(P=.5t)]
- Huy Fong Chili Garlic Sauce**
- Tamari [(S=2T)(K=1t) (P=1T)]
- San J Gluten Free Low Sodium**

- Vegetable broth [(B=.5C) (S=1.5C) (P=1T)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- Vegan Sour Cream [(K)]
- Miso [(S=2t) (X=1T)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

- Frozen Corn [(P=.5C)]
- Frozen Peas [(P=.5C)]
- Frozen Edamame [(P=.5C)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(S=1T)]
- Ground Caraway Seed [(K=pinch)]
- Fennel Seeds [(S=pinch)]
- Garlic Powder [(B=1t) (S=1t) (K=1t) (X=1t)]
- Dried Ground Mustard Powder [(X=2t)]
- Onion Powder [(B=1t) (S=1t) (K=1t) (X=1t)]
- Dried Minced Onions [(B=2T) (S=2T) (K=1T) (X=2t)]
- Dried Oregano [(S=1.5t)]
- Smoked Paprika [(K=.25t)]
- Red Pepper Flake [(B=.25t) (S=.25t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Tortillas (of choice) [(K=8)]
- _____
- _____
- _____
- _____
- _____

Recipe Code: BBQ Chickpea Pasta (B), Vegan Stuffed Shells Soup (S), Vegan Sauerkraut Strudel (K), Instant Pot Thanksgiving Cauliflower (P), Shaved Brussels Sprout Salad (X),