



MENU



BREAKFAST IDEAS

- Vegan Italian Frittata
- Oatmeal with Fruit & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Spicy Moroccan Tacos
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Chickpea Shawarma Soup
- Tex-Mex Cabbage Skillet
- Sweet and Tangy Dressing Bowl
- Vegan Veggie Tetrazzini
- Split Pea Potato Soup
- _____
- _____

SNACKS IDEAS

- Vegan Thumbprint 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 #107 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(M=2T) (S=2T) (P=2T) (V=2T)]
- Medium Red Onions [(P=1)]
- Medium Yellow Onions [(M=1) (S=1C) (V=1)]
- Green Bell Peppers [(P=1)]
- Red Bell Peppers [(S=1) (P=1)]
- Orange Bell peppers [(P=1)]
- Jalapeno Peppers [(S=1)]
- Carrots [(M=2) (N) (V=2)]
- Celery Ribs [(M=2) (V=2)]
- Red Potatoes [(M=2C)]
- Baby Potatoes [(V=3C)]
- Mini-English Cucumbers [(N)]
- Salad Greens of Choice [(N)]
- Daikon Radish [(N)]
- Radishes [(N)]
- Baby Spinach [(M=4C) (P=2C)]
- Green Cabbage [(S=.5)]
- Avocados [(S) (N)]
- Cilantro [(M) (S)]
- Flat Leaf Parsley [(P) (V)]
- 8 oz. Mushrooms (of choice) [(M=1)]
- Limes [(S=1T)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Toasted Sesame Seeds [(N)]
- Red Wine Vinegar [(N=.5C)]
- Tomato Paste [(M=2T)]
- 14.5 oz. can Petite Diced Tomatoes [(M=1) (S=1)]
- Pickled (Tame) Jalapeno Pepper Slices [(S)]
- 15 oz. can Cannellini Beans [(P=1)]
- 15 oz. can Chickpeas [(M=1)]
- 15 oz. can Black Beans [(S=1)]
- Dried Green Split Peas [(V=1.5C)]
- Nutritional Yeast [(S=3T) (P=2T)]
- Baking Powder [(M=.25t)]
- Tahini [(N=3T)]
- Liquid Smoke [(V=.25t)]
- Pure Maple Syrup [(N=3T)]
- Pasta of choice [(P=10 oz.)]
- Rice of choice [(N)]
- Thai Kitchen Red Curry Paste**
- Tamari [(M=1T) (S=1t) (P=1T) (V=1T)]
- San J Gluten Free Reduced Sodium**

- Vegetable broth [(M=1.5C) (P=.75C) (V=2C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- Miso [(N=2T) (P=1T) (V=1T)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- Frozen Corn [(S=.5C)]
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(P=1t)]
- Bay Leaves [(M=2) (V=1)]
- Cayenne Pepper [(M=pinch)]
- Chili Powder [(M=1t) (S=1.5t)]
- Cinnamon [(M=.25t)]
- Coriander [(M=.25t)]
- Cumin [(M=1.5t) (S=.5t) (V=pinch)]
- Garlic Powder [(M=1t) (S=.5t) (N=.25t) (P=1t) (V=1t)]
- Onion Powder [(M=1t) (S=.5t) (P=1t) (V=1t)]
- Dried Minced Onions [(M=2T) (S=1T) (N=1t) (P=2T) (V=2T)]
- Dried Oregano [(S=.5t) (P=1t) (V=1t)]
- Dried Parsley [(P=2t)]
- Smoked Paprika [(M=.25t) (S=1t)]
- Sweet Paprika [(M=1t) (V=.25t)]
- Red Pepper Flake [(P=.25t)]
- Dried Crushed Thyme Leaves [(V=1t)]
- Turmeric [(M=pinch)]
- Sea Salt
- Black Pepper
- _____

MISC:

- _____
- _____
- _____

Recipe Code: Chickpea Mushroom Shawarma Soup (M), Tex-Mex Cabbage Skillet (S), No Oil Sweet and Tangy Dressing Bowl (N), Italian Pasta and Peppers (P), Vegan Split Pea Potato Soup (V)