Whole Food Plant Based

#108

MENU

Monkey & Me kitchen adventures

BREAKFAST IDEAS

- Greek Potato Salad Bowl
- Baked Sweet Potato w/ Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Tex-Mex Creamed Corn
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan “Cheesesteak” Pasta Skillet
- Vegan Charro Beans
- Harvest Kale Quinoa Salad
- Teriyaki Brussels Sprouts Bowl
- French Country Veggie Stew
- _____
- _____

SNACKS IDEAS

- Ginger Snap Cookies
- Fruit and Veggies
- _____
- _____
- _____

Notes:

Whole Food Plant Based

INSTRUCTIONS

Monkey & Me kitchen adventures

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 #108 Shopping List **www.monkeyandmekitchenadventures.com**

PRODUCE

- ☐ Garlic [(B=2T) (S=1T) (F=2T)]
- ☐ Ginger [(S=1T)]
- ☐ Small Red Onions [(B) (K=.5C)]
- ☐ Medium Yellow Onions [(P=1) (B=1C) (F=1)]
- ☐ Green Bell Peppers [(P=1)]
- ☐ Red Bell Peppers [(P=1) (S)]
- ☐ Jalapeno Peppers [(B=1)]
- ☐ Carrots [(S) (F=3)]
- ☐ Celery Ribs [(F=2)]
- ☐ Russet Potatoes [(F=2lbs.)]
- ☐ Mushrooms [(F=8oz.)]
- ☐ Mini-English Cucumbers [(S)]
- ☐ Radishes [(S)]
- ☐ Baby Spinach [(S)]
- ☐ Kale [(K=10 oz.)]
- ☐ Brussels Sprouts [(S=1 lb.)]
- ☐ Avocados [(B)]
- ☐ Cilantro [(B)]
- ☐ Flat Leaf Parsley [(P) (F)]
- ☐ Gala Apple [(K=1)]
- ☐ Red Seedless Grapes [(K=2C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Quinoa [(K=3C)]
- ☐ Cashews (raw) [(P=.25C)]
- ☐ Walnuts [(K=1C)]
- ☐ Rice Vinegar [(S=2T)]
- ☐ Mirin [(S=2t)]
- ☐ Distilled White Vinegar [(P=2T) (B=1T)]
- ☐ Apple Cider Vinegar [(K=.5C)]
- ☐ Tomato Paste [(B=2T) (F=2T)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(B=1) (F=1)]
- ☐ 15 oz. can Cannellini Beans [(F=1)]
- ☐ 16 oz. can Kidney Beans [(B=1)]
- ☐ 15 oz. can Black Beans [(B=1)]
- ☐ 15 oz. can Pinto Beans [(B=1)]
- ☐ 14 oz. can Small Brown Lentils [(P=1)]
- ☐ Nutritional Yeast [(P=3T)]
- ☐ Flour (of choice) [(F=1T)]
- ☐ Baking Soda [(B=.25t) (F=.25t)]
- ☐ Cornstarch (or arrowroot powder) [(S=1t)]
- ☐ Tahini [(P=2t) (K=2t) (S=1t)]
- ☐ Molasses [(S=.5t)]
- ☐ Liquid Smoke [(B=.5t)]
- ☐ Dijon Mustard [(P=1t)]
- ☐ Pure Maple Syrup [(B=.5t) (K=3T) (S=2T)]
- ☐ Fusilli Pasta (or of choice) [(P= 10 oz.)]
- ☐ Rice of choice [(B) (S)]
- ☐ Tamari [(P=1T) (S=2T)]
  - ✓ ***San J Gluten Free Reduced Sodium***
- ☐ 1 cup Vegetable broth [(P=.25C) (B=1C) (F=.5C)]
  - ✓ ***Pacific Organic Vegetable Stock – Low Sodium***
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Miso [(K=1T)]
  - ✓ ***Miso Master Organic Mellow White***
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Bay Leaves [(B=2)]
- ☐ Chili Powder [(B=2t)]
- ☐ Chipotle Powder [(B=.25t)]
- ☐ Cumin [(B=1t)]
- ☐ Dried Crushed Fennel [(F=.5t)]
- ☐ Garlic Powder [(P=1t) (B=1t) (K=1t) (F=1t)]
- ☐ Dried Ground Mustard Powder [(K=2t) (F=.5t)]
- ☐ Onion Powder [(P=1t) (B=1t) (K=1t) (F=1t)]
- ☐ Dried Minced Onions [(P=2T) (B=2T) (K=2T) (F=2T)]
- ☐ Dried Oregano [(B=1t) (F=.5t)]
- ☐ Saffron [(F=Pinch)]
- ☐ Smoked Paprika [(B=.5t)]
- ☐ Red Pepper Flake [(S=.25t)]
- ☐ Dried Crushed Thyme Leaves [(F=1.5t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ _____

MISC:

- ☐ White Wine [(F=.25C)]
- ☐ _____
- ☐ _____

Recipe Code: Vegan "Cheesesteak" Pasta Skillet (P), Vegan Charro Beans (B), Harvest Kale Quinoa Salad (K), Teriyaki Brussels Sprouts (S), French Country Veggie Stew (F)