



MENU



BREAKFAST IDEAS

- Chocolate Pancakes
- Oatmeal w/ Fruit, Nuts, & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Harvest Chickpea Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Buffalo Chili
- Vegan Enchilada Quesadilla Bake
- Vegan Unstuffed Cabbage Rolls
- Pasta alla Napolitana
- Asian Sweet Chili Dressing Bowl
- _____
- _____

SNACKS IDEAS

- Chocolate Peppermint 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 #109 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(B=2T) (R=2T) (N=2T) (A=2t)]
- Ginger [(A=2t)]
- Medium Yellow Onions [(B=1) (R=1C) (N=1)]
- Green Onions [(Q) (A)]
- Red Bell Peppers [(A)]
- Carrots [(R=.5C) (N=1) (A)]
- Celery Ribs [(B=2) (N=1)]
- Small Tomatoes [(Q)]
- Sugar Snap Peas [(A)]
- English Cucumbers [(A)]
- Salad Greens of Choice [(Q) (A)]
- Green Cabbage [(R=6C)]
- Avocados [(B) (Q)]
- Cilantro [(Q)]
- Flat Leaf Parsley [(R)]
- Limes [(A=2t)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Sesame Seeds [(A)]
- Cashews (raw) [(B=.33C)]
- Peanuts [(A)]
- Red Wine Vinegar [(R=1t)]
- Rice Vinegar [(A=2T)]
- Distilled White Vinegar [(Q=1t)]
- Pickled Jalapeno Peppers [(Q=.25C)]
- Tomato Paste [(B=1T) (R=1t) (N=1T)]
- 8 oz. can Tomato Sauce [(N=1)]
- 14.5 oz. can Petite Diced Tomatoes [(B=1) (R=1) (N=1)]
- Mild Enchilada Sauce [(Q=2C)]
- Dry Small Brown Lentils [(B=.75C)]
- Palouse Small Brown Lentils**
- 15 oz. can Cannellini Beans [(Q=1)]
- 16 oz. can Kidney Beans [(R=2)]
- 15 oz. can Chickpeas [(A)]
- 15 oz. can Navy Beans [(B=1)]
- 15 oz. can corn [(B=1)]
- Nutritional Yeast [(B=.25C) (Q=.25C) (N=.25C)]
- Baking Soda [(B=.25t) (N=.25t)]
- Tahini [(B=1T) (Q=1T) (A=2t)]
- Molasses [(A=1t)]
- Pure Maple Syrup [(R=.5t) (A=2T)]

- Pasta of choice [(N=16 oz.)]
- Malfun Brown Rice Noodles [(A)]
- Rice of choice [(R=.66C)]
- Hot Sauce [(B=.25C+1T)]
- Frank's RedHot Sauce**
- Tamari [(R=2T) (A=2T)]
- San J Gluten Free Reduced Sodium**
- Vegetable broth [(B=2C) (R=1C) (N=.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

REFRIGERATED

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

FROZEN

- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(R=.25t) (N=2t)]
- Chili Powder [(B=2t) (R=.5t)]
- Cumin [(B=.5t)]
- Garlic Powder [(B=1t) (Q=1t) (R=1t) (N=1t)]
- Onion Powder [(B=1t) (Q=1t) (R=1t) (N=1t)]
- Dried Minced Onions [(B=2T) (Q=1t) (R=2T) (N=2T)]
- Dried Oregano [(R=1.5t) (N=1t)]
- Smoked Paprika [(B=.25t) (R=.25t)]
- Sweet Paprika [(R=.25t)]
- Red Pepper Flake [(N=.25t) (A)]
- Dried Crushed Thyme Leaves [(R=1.25t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- 6 " Corn Flour Tortillas (of choice) [(Q=12)]
- _____
- _____
- _____

Recipe Code: Vegan Buffalo Chili (B), Vegan Enchilada Quesadilla Bake (Q), Vegan Unstuffed Cabbage Rolls (R), Pasta Alla Napolitana (N), Oil Free Asian Sweet Chili Dressing Bowl (A)