



MENU



BREAKFAST IDEAS

- Avocado Spinach Mushroom Toast
- Oatmeal w/ Fruit and Nuts
- _____
- _____
- _____

LUNCH IDEAS

- Warming Lentil Soup
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Cuban Picadillo
- Smoky Kale and Bean Past
- Lemon Chickpea and Rice Skillet
- Creamy Vegetable Soup
- Vegan Blue Cheese Dressing Bowl
- _____
- _____

SNACKS IDEAS

- Vegan Chocolate Raspberry 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 #113 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(P=2T) (L=2T) (V=2T)]
- ☐ Small Red Onions [(B)]
- ☐ Medium Yellow Onions [(P=1C) (L=1C) (V=1C)]
- ☐ Green Bell Peppers [(P=.5)]
- ☐ Red Bell Peppers [(P=.5)]
- ☐ Carrots [(L=1C) (V=.5C) (B)]
- ☐ Celery Ribs [(V=.5C)]
- ☐ Grape Tomatoes [(B)]
- ☐ Russet Potatoes [(V=10 oz. +2C)]
- ☐ Yukon Gold Potatoes [(P=1)]
- ☐ Mini-English Cucumbers [(B)]
- ☐ Salad Greens of Choice [(B)]
- ☐ Kale [(K=7C)]
- ☐ Medium Zucchini [(V=1)]
- ☐ Avocados [(P)]
- ☐ Cilantro [(P)]
- ☐ Flat Leaf Parsley [(K) (L) (V)]
- ☐ Broccoli [(L=2C)]
- ☐ Lemons [(L=1)]

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DRY/CANNED/JARRED GOODS

- ☐ Hemp Seeds [(B)]
- ☐ Raisins [(P=.5C)]
- ☐ Distilled White Vinegar [(B=3T)]
- ☐ Ume Plum Vinegar [(V=2t) (B=2t)]
- ☐ Apple Cider Vinegar [(K=1T)]
- ☐ Pimento Stuffed Green Olives [(P=.5C)]
- ☐ Tomato Paste [(P=1T)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(P=1)]
- ☐ 16 oz. can Kidney Beans [(P=1)]
- ☐ 15 oz. can Chickpeas [(L=1) (B)]
- ☐ 15 oz. can Navy Beans [(K=1)]
- ☐ 14 oz. can Small Brown Lentils [(L)]
- ☐ Nutritional Yeast [(K=.25C) (L=1T) (V=.25C) (B=2T)]
- ☐ Flour of choice [(V=1T)]
- ☐ Baking Soda [(P=.25t)]
- ☐ Tahini [(K=1t) (B=2T+1t)]
- ☐ Dijon Mustard [(K=.25t)]
- ☐ Pure Maple Syrup [(B=.5t)]
- ☐ Spaghetti [(K=10oz.)]
- ☐ Pasta of choice [(B)]
- ☐ Rice of choice [(P)]
- ☐ Brown Rice [(L=.75C)]
- ☐ Tamari [(K=1T) (L=1T) (V=1T)]
- ✓ **San J Gluten Free Reduced Sodium**
- ☐ Vegetable broth [(P=.25C) (K=1.25C) (L=1C) (V=1.5C)]

✓ **Pacific Organic Vegetable Stock – Low Sodium**

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REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(V=.25C)]
- ☐ 14 oz. package Firm Tofu [(B=1)]
- ☐ Miso [(L=1T) (V=1T) (B=1T)]
- ✓ **Miso Master Organic Mellow White**

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FROZEN

- ☐ Frozen Peas [(L=1C)]
- ☐ Frozen Corn [(V=.5C)]
- ☐ Frozen Mixed Vegetables [(V=16 oz.)]

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SPICES USED:

- ☐ Bay Leaves [(P=1) (L=1) (V=1)]
- ☐ Chili Powder [(P=.75t)]
- ☐ Cumin [(P=.75t)]
- ☐ Dill Weed [(B=pinch)]
- ☐ Garlic Powder [(P=1t) (K=1t) (L=1t) (V=1t) (B=1t)]
- ☐ Dried Ground Mustard Powder [(V=.25t) (B=1t)]
- ☐ Onion Powder [(P=1t) (K=1t) (L=1t) (V=1t) (B=.5t)]
- ☐ Dried Minced Onions [(P=2T) (K=2T) (L=2T) (V=2T) (B=1T)]
- ☐ Dried Oregano [(P=.5t) (K=1t) (V=.25t)]
- ☐ Dried Parsley [(L=1t) (V=1t)]
- ☐ Smoked Paprika [(P=.25t) (K=1.25t)]
- ☐ Sweet Paprika [(V=.5t)]
- ☐ Red Pepper Flake [(K=pinch)]
- ☐ Ground Rosemary [(V=pinch)]
- ☐ Dried Rubbed Sage [(V=pinch)]
- ☐ Dried Crushed Thyme Leaves [(K=.25t) (L=.5t) (V=1.5t)]
- ☐ Sea Salt
- ☐ Black Pepper

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MISC:

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Recipe Code: Vegan Cuban Picadillo (P), Smoky Kale and Bean Pasta (K), Lemon Chickpea and Rice Skillet (L), Creamy Vegetable Soup (V), Vegan Blue Cheese Dressing Bowl (B)