



MENU



Monkey & Me
kitchen adventures

BREAKFAST IDEAS

- Southwestern Sweet Potatoes
- GF English Muffin w/ PB&J
- _____
- _____
- _____

LUNCH IDEAS

- Tex-Mex Rice Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Potato “Kielbasa” Kale Soup
- Vegan “Salmon” Burger
- Creamy Lentils and Shells
- Ginger Dressing Bowl
- Vegan Biscuit Pot Pie
- _____
- _____

SNACKS IDEAS

- Simple Herbed Mushrooms
- Fruit and Veggies
- _____
- _____
- _____

Notes:





Whole Food Plant Based INSTRUCTIONS



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 #117 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(K=2T) (L=2T) (X=2T)]
- Ginger [(G=1t)]
- Medium Yellow Onions [(K=1) (L=1) (X=1)]
- Small Yellow Onions [(G=.25C)]
- Green Onions [(G)]
- Red Bell Peppers [(G)]
- Carrots [(K=2) (G=.5)]
- Celery Ribs [(K=2) (G=1) (X=2)]
- Large Tomatoes [(B)]
- Grape Tomatoes [(G)]
- Yukon Gold Potatoes [(K=1.5 lbs.)]
- Russet Potatoes [(X=1.5C)]
- Mini-English Cucumbers [(B) (G)]
- Salad Greens of Choice [(B) (G)]
- Kale [(K=4C)]
- Purple Cabbage [(G)]
- Flat Leaf Parsley [(K) (L) (P)]
- Lemons [(B=2T+1t) (G=2T+1t)]
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Toasted Sesame Seeds [(G=2T)]
- Flaxseed Meal [(B=2T) (X=1T)]
- Unsalted Almond Butter [(X=.5C)]
- Rice Vinegar [(B=1t) (G=1T)]
- Distilled White Vinegar [(K=2t)]
- Ume Plum Vinegar [(K=2t)]
- Apple Cider Vinegar [(X=1T)]
- Tomato Sauce [(L= 15 oz.)]
- 15 oz. can Cannellini Beans [(K=1) (X=1C)]
- 15 oz. can Chickpeas [(G)]
- Can Hearts of Palm [(B= 4oz.)]
- 14 oz. can Small Brown Lentils [(L=1)]
- Nutritional Yeast [(K=1T) (B=1T) (L=.25C)]
- Almond Flour [(X=1C)]
- Flour of choice [(L=2T) (X=3T)]
- Brown Rice Flour [(X=.5C)]
- Baking Powder [(X=1T)]
- Baking Soda [(L=.25t)]
- Tahini [(B=1T)]
- Liquid Smoke [(K=.5t)]
- Dijon Mustard [(K=2t)]
- Pure Maple Syrup [(L=.5t) (G=1T)]
- Pasta (shells) of choice [(L=12 oz.)]
- Pasta of choice [(G)]
- Panko Crumbs [(B=.25C)]
- Rolled Oats [(B=.5C) (X=.5C)]

- Brown Rice [(B=.5C)]
- Tamari [(G=2T)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(K=2C) (L=.5C) (X=1C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(K=.25C) (L=.5C) (G=2T) (X=1.5C)]
- Vegan Mayonnaise [(B=.5C)]
- Miso [(G=1T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- Frozen Mixed Vegetables [(X=2.5C)]
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(L=1t)]
- Bay Leaves [(X=1)]
- Dried Dill Weed [(B=.75t)]
- Garlic Powder [(K=1t) (B=1t) (L=1t) (X=1t)]
- Italian Seasoning [(L=1t)]
- Dried Marjoram [(K=pinch)]
- Dried Ground Mustard Powder [(X=.25t)]
- Old Bay Seasoning [(B=1t)]
- Onion Powder [(K=1t) (B=1t) (L=1t) (X=1t)]
- Dried Minced Onions [(K=2T) (B=2T) (L=2T) (X=2T)]
- Dried Oregano [(L=1.5t)]
- Dried Parsley [(B=1t)]
- Poultry Seasoning [(X=.25t)]
- Smoked Paprika [(K=.75t)]
- Sweet Paprika [(B=1t) (X=.25t)]
- Red Pepper Flake [(L=pinch)]
- Dried Crushed Thyme Leaves [(B=pinch) (X=.1t)]
- Sea Salt
- Black Pepper

MISC:

- Burger Buns [(B)]
- _____
- _____
- _____

Recipe Code: Vegan Potato “Kielbasa” Kale Soup (K), Vegan “Salmon” Burger (B), Creamy Lentils and Shells (L), Ginger Dressing Bowl (G), Vegan Biscuit Pot Pie (X)