



MENU



BREAKFAST IDEAS

- Vegan Veggie Shakshuka
- Oatmeal with Fruit

- _____
- _____
- _____

LUNCH IDEAS

- Tex-Mex Stovetop Casserole
- Dinner Leftovers

- _____
- _____
- _____

DINNER IDEAS

- Red Lentil Chili
- Dijon Asparagus Pasta
- Vegan Baked "Egg" Rolls
- Moroccan Spiced Chickpeas
- Warm Red Onion Dressing Bowl

- _____
- _____

SNACKS IDEAS

- Strawberry Rhubarb Crumble
- 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 #123 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(R=2T) (E=1T) (M=1T) (W=1T)]
- ☐ Ginger [(E=2t) (M=1t)]
- ☐ Medium Red Onions [(R=1C) (W=.5)]
- ☐ Medium Yellow Onions [(M=1)]
- ☐ Red Bell Peppers [(R=1) (M=1)]
- ☐ Jalapeno Peppers [(R=2)]
- ☐ Carrots [(R=1) (E=1) (M=.5C) (W)]
- ☐ Green Beans [(W)]
- ☐ Celery Ribs [(R=1)]
- ☐ Small Tomatoes [(W)]
- ☐ Russet Potatoes [(W)]
- ☐ Sweet Potatoes [(M) (W)]
- ☐ Salad Greens of Choice [(W)]
- ☐ Baby Spinach [(M=2C)]
- ☐ Purple Cabbage [(W)]
- ☐ Medium Green Cabbage [(E=1)]
- ☐ Avocados [(R)]
- ☐ Cilantro [(R) (M)]
- ☐ Asparagus [(D=1 lb.)]
- ☐ Lemons [(M=1t)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Pepitas [(W)]
- ☐ Hemp Seeds [(W)]
- ☐ Slivered Almonds [(W=2T)]
- ☐ Red Wine Vinegar [(W=.25C+3T)]
- ☐ Rice Vinegar [(E=1T)]
- ☐ Distilled White Vinegar [(R=1t) (D=1T) (S=1T)]
- ☐ Tomato Paste [(R=1T) (S=1t) (M=2T)]
- ☐ Tomato Sauce [(R=8 oz.)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(R=1)]
- ☐ 16 oz. can Kidney Beans [(R=1)]
- ☐ 15 oz. can Chickpeas [(M=1) (W)]
- ☐ 15 oz. can Black Beans [(R=1)]
- ☐ Dry Split Red Lentils [(R=.75C)]
- ☐ Nutritional Yeast [(R=.25C) (D=2T)]
- ☐ Baking Soda [(R=.25t)]
- ☐ Cornstarch (or arrowroot powder) [(D=2t) (S=1t)]
- ☐ Tahini [(D=1T) (E=1T) (M=2t)]
- ☐ Dijon Mustard [(D=1T)]
- ☐ Pure Maple Syrup [(E=3T) (S=2T) (W=1T+1t)]
- ☐ Farfalle Pasta (or pasta of choice) [(D=12 oz.)]
- ☐ Pineapple Chunks [(S=.5C)]
- ☐ Chili Garlic Sauce [(E=.25t)]

✓ *Huy Fong Chili Garlic Sauce*

- ☐ Tamari [(R=1T) (D=1T) (E=.25C) (S=1T)]
- ✓ *San J Gluten Free Reduced Sodium*
- ☐ Vegetable broth [(R=2C) (D=1.25C) (E=.5C+2T) (M=.5C)]
- ✓ *Pacific Organic Vegetable Stock – Low Sodium*
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Unsweetened Plain Plant Yogurt [(M=.5C)]
- ☐ Miso [(S=1t) (M=2t)]
- ✓ *Miso Master Organic Mellow White*
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ Frozen Peas [(D=1C)]
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Cayenne Pepper [(M=.25t)]
- ☐ Chili Powder [(R=1T+.25t) (M=.5t)]
- ☐ Coriander [(M=pinch)]
- ☐ Cumin [(R=.25t) (M=.25t)]
- ☐ Garlic Powder [(R=1t) (D=1t) (E=1t) (S=.25t) (M=1.75t)]
- ☐ Dried Ground Mustard Powder [(D=.25t)]
- ☐ Onion Powder [(R=1t) (D=1t) (E=1t) (S=.25t) (M=1.25t)]
- ☐ Dried Minced Onions [(R=2T) (D=1T) (E=1T) (S=1t) (M=1T)]
- ☐ Smoked Paprika [(R=.75t) (M=.25t)]
- ☐ Sweet Paprika [(M=.25t)]
- ☐ Dried Crushed Thyme Leaves [(D=.25t)]
- ☐ Turmeric [(M=pinch)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ _____

MISC:

- ☐ Tortilla Chips (of choice) [(R)]
- ☐ Almond Flour Tortillas (or tortillas of choice) [(E=16)]
- ✓ *Seite Almond Flour Tortillas*
- ☐ _____

Recipe Code: Red Lentil Chili (R), Dijon Asparagus Pasta (D), Vegan Baked “Egg” Rolls (E), Sweet and Sour Sauce (S)
Moroccan Spiced Chickpeas and Garlic Sauce (M), Warm Red Onion Dressing (W)