



MENU



BREAKFAST IDEAS

- Veggie Breakfast Scramble
- Baked Sweet Potato w/ Fruit

- _____
- _____
- _____

LUNCH IDEAS

- Tex-Mex Rice Salad
- Dinner Leftovers

- _____
- _____
- _____

DINNER IDEAS

- Vegan Pizza Pasta Soup
- Vegan Lemon Sunflower Seeds Salad
- Easy Vegetable Korma
- Southern Collard Greens
- Baked Buffalo Zucchini Fritters

- _____
- _____

SNACKS IDEAS

- Jalapeño Corn Muffins
- 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 #124 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- ☐ Garlic [(P=2T) (K=1T) (G=1T)]
- ☐ Large Yellow Onions [(G=1)]
- ☐ Medium Yellow Onions [(P=1) (K=.5C)]
- ☐ Green Bell Peppers [(P=1) (G=2)]
- ☐ Red Bell Peppers [(P=1) (L)]
- ☐ Serrano or Jalapeno Peppers [(K=2T)]
- ☐ Carrots [(L) (Z=2)]
- ☐ Celery Ribs [(G=2)]
- ☐ Grape Tomatoes [(L)]
- ☐ Mini-English Cucumbers [(L)]
- ☐ Salad Greens of Choice [(L)]
- ☐ Collard Greens [(G=2 bunches)]
- ☐ Medium Zucchini [(Z=2)]
- ☐ Cilantro [(K)]
- ☐ Flat Leaf Parsley [(P)]
- ☐ Lemons [(L=.25C+1T) (G=2T)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Sunflower Seeds (raw) [(L=.33C)]
- ☐ Hemp Seeds [(L)]
- ☐ Slivered Almonds [(K=.33C)]
- ☐ Distilled White Vinegar [(P=2t) (L=2T+1t)]
- ☐ Tomato Paste [(P=1T)]
- ☐ Tomato Sauce [(P=8 oz.)]
- ☐ 15 oz. can Cannellini Beans [(P=1)]
- ☐ 16 oz. can Kidney Beans [(G=2)]
- ☐ 15 oz. can Chickpeas [(K=1)]
- ☐ 15 oz. can Navy Beans [(L)]
- ☐ 4 oz. can Sliced Mushrooms [(P=1)]
- ☐ 14 oz. can light unsweetened coconut milk [(K=1)]
- ☐ Black Olives [(P=.33C)]
- ☐ Nutritional Yeast [(P=.25C+1T) (Z=1T)]
- ☐ Flour (of choice) [(P=1T)]
- ☐ Brown Rice Flour [(Z=1T)]
- ☐ Baking Soda [(P=pinch)]
- ☐ Cornstarch [(G=2T)]
- ☐ Tahini [(Z=2T)]
- ☐ Liquid Smoke [(G=1t)]
- ☐ Pure Maple Syrup [(P=.5t) (L=1T)]
- ☐ Shell Pasta or Pasta of choice [(P=6 oz.)]
- ☐ Pasta of choice [(L)]
- ☐ Rice of choice [(K) (G)]
- ☐ Hot Sauce [(G=.25t) (Z=1T)]

✓ *Frank's RedHot Sauce*

- ☐ Tamari [(P=1t)]
- ✓ *San J Gluten Free Reduced Sodium*
- ☐ Vegetable broth [(P=2C) (K=.25C) (G=3.5C)]
- ✓ *Pacific Organic Vegetable Stock – Low Sodium*
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(P=.25C)]
- ☐ Miso [(L=1t)]
- ✓ *Miso Master Organic Mellow White*
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ 16 oz. bag frozen vegetables [(K=1)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Dried Basil [(P=1t)]
- ☐ Cayenne Pepper [(K=.25t)]
- ☐ Chili Powder [(Z=.5t)]
- ☐ Curry Powder [(K=4t)]
- ☐ Dried Crushed Fennel Seeds [(P=pinch) (K=pinch)]
- ☐ Garlic Powder [(P=1t) (L=.5t) (K=1t) (G=1t) (Z=.5t)]
- ☐ Italian Seasoning [(P=1t)]
- ☐ Onion Powder [(P=1t) (L=.5t) (K=1t) (G=1t) (Z=.5t)]
- ☐ Dried Minced Onions [(P=2T) (L=2t)]
- ☐ Dried Oregano [(P=1T)]
- ☐ Dried Parsley [(P=1t)]
- ☐ Smoked Paprika [(G=2t) (Z=.5t)]
- ☐ Sweet Paprika [(K=.5t)]
- ☐ Red Pepper Flake [(P=.25t) (G=.25t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ _____

MISC:

- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Vegan Pizza Pasta Soup (P), Vegan Lemon Sunflower Seeds Dressing Bowl (L), Easy Vegetable Korma (K), Southern Collard Greens (G), No Oil Vegan Buffalo Zucchini Fritters (Z)