



MENU



BREAKFAST IDEAS

- Vegan Muesli
- Roasted Veggies w/ Guac
- _____
- _____
- _____

LUNCH IDEAS

- Creamy Garlic Pasta
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Pineapple Chicken Salad
- Thai Curry Soy Curl Skillet
- Vegan Cajun Mac and Cheese
- Vegan Cobb Salad
- Sweet and Spicy Collard Greens
- _____
- _____

SNACKS IDEAS

- Vegan Snickers 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 #127 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(S=1T) (G=2T)]
- Ginger [(S=2t)]
- Small Red Onions [(P=.5C)(X=.25C)]
- Medium Yellow Onions [(G=1)]
- Green Bell Peppers [(G=1)]
- Red Bell Peppers [(G=1)]
- Jalapeno Peppers [(G=1)]
- Carrots [(X=1)]
- Celery Ribs [(P=1C)]
- Grape Tomatoes [(X=10)]
- Russet Potatoes [(M=3C)]
- Yukon Gold Potatoes [(X=4)]
- English Cucumbers [(X=1)]
- Salad Greens of Choice [(P)]
- Romaine Lettuce Heads [(X=3)]
- Collard Greens [(G=1lb.)]
- Avocados [(X)]
- Cilantro [(S)]
- Limes [(S=2T)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(P=.5C) (X=.5C)]
- Pecans [(P=.5C)]
- Natural Peanut Butter [(M=1T)]
- Red Wine Vinegar [(X=.33C)]
- Distilled White Vinegar [(P=2T) (M=3T) (G=.5t)]
- Ume Plum Vinegar [(M=1t)]
- Apple Cider Vinegar [(G)]
- Tomato Paste [(G=1t)]
- 16 oz. can Kidney Beans [(X=1)]
- 15 oz. can Chickpeas [(P=1)]
- 15 oz. can Corn [(X=1C)]
- 20 oz. can Pineapple Tidbits [(P=1)]
- Nutritional Yeast [(M=.33C) (X=1T)]
- Roasted Red Bell Peppers [(M=.33C)]
- Cornstarch (or arrowroot powder) [(S=1T) (G=2t)]
- Dijon Mustard [(X=1t)]
- Pure Maple Syrup [(P=1t) (S=.25C) (X=3t) (G=1T)]
- 16 oz. elbow macaroni [(M=1)]
- Rice of choice [(S) (G)]
- Hot Sauce [(P=1t) (G)]
- Frank's RedHot Sauce**
- Chili Garlic Paste [(S=.5t) (M=3t)]

Huy Fong Chili Garlic Paste

- Red Curry Paste [(S=3T)]
- Thai Kitchen Red Curry Paste**
- Tamari [(S=.25C) (M=1T) (G=2T)]
- San J Gluten Free Reduced Sodium**
- Vegetable broth [(S=.5C) (M=.5C) (X=2T) (G=1.25C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(M=.33C)]
- Miso [(X=1T)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- 14.4 oz. Frozen Stir Fry Vegetables [(S=1)]
- 14.4 oz. Frozen Cauliflower Florets [(M=1)]
- _____
- _____
- _____
- _____

SPICES USED:

- Chili Powder [(M=.25t)]
- Dried Dill Weed [(X=pinch)]
- Garlic Powder [(P=1t) (M=1t) (X=1t) (G=1t)]
- Dried Ground Mustard Powder [(P=.5t) (M=.75t)]
- Onion Powder [(P=1t) (M=1t) (X=1t) (G=1t)]
- Dried Minced Onions [(P=1T) (M=1T) (X=1T) (G=2T)]
- Dried Oregano [(M=1t)]
- Dried Parsley [(X=1t)]
- Smoked Paprika [(M=1.5t)]
- Sweet Paprika [(P=.25t) (M=.25t)]
- Red Pepper Flake [(G=.25t)]
- Dried Crushed Thyme Leaves [(M=.25t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Burger Buns (of choice) [(P)]
- Soy Curls (internet purchase) [(S=4oz.)]
- Butler Soy Curls**
- _____

Recipe Code: Vegan Pineapple Chickpea Salad (P), Thai Curry Soy Curl Skillet (S), Vegan Cajun Mac and Cheese (M), Vegan Cobb Salad (X), Sweet and Spicy Collard Greens (G)