



BREAKFAST IDEAS

- Greek Potato Salad
- Plant Yogurt with Fruits & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Crispy Baked Tofu Nuggets
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Tex-Mex Cabbage Casserole
- Vegan Parm Zucchini & Tomato Pasta
- Asian Green Beans & Mushrooms
- Jalapeño Popper Burger
- Vegan Cauliflower Migas
- _____
- _____

SNACKS IDEAS

- Vegan Millionaire Bars
- 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 #130 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(X=1T) (Z=2T) (G= 3 cloves +1T) (M=1t)]
- Ginger [(G=2t)]
- Small Red Onions [(M=.5C)]
- Medium Yellow Onions [(X=1) (Z=1) (B=.5)]
- Green Onions [(G)]
- Green Bell Peppers [(X=1)]
- Red Bell Peppers [(X=1) (M=1C)]
- Jalapeno Peppers [(X=1) (B=1) (M=1)]
- Grape Tomatoes [(Z=1.5C) (M)]
- Salad Greens of Choice [(B)]
- Green Cabbage [(X=8C)]
- Fresh Green Beans [(G= 1 lb.)]
- Cauliflower Florets [(M=3C)]
- Medium Zucchini [(Z=1)]
- Mushrooms [(G= 8 oz.)]
- Avocados [(X) (M)]
- Cilantro [(X) (M)]
- Lemons [(R=2t)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(P=.25C) (R=.5C)]
- Blanched Slivered Almonds [(P=.25C)]
- Toasted Sesame Seeds [(G)]
- Rice Vinegar [(G=1T)]
- Distilled White Vinegar [(R=1T+1t)]
- Pickled Jalapeno Slices [(X) (B=2T) (R=.25C)]
- Tomato Paste [(X=1t) (G=1t)]
- 15 oz. can Chickpeas [(G= .75C)]
- 15 oz. can Black Beans [(X=1) (B=1)]
- 15 oz. can Pinto Beans [(X=1)]
- 15 oz. can Corn [(X=1)]
- Nutritional Yeast [(X=.25C) (P=2T) (B=2T) (M=1T)]
- Ground Flax Meal [(B=2T)]
- Rolled Oats [(B=.5C)]
- Baking Soda [(G=pinch)]
- Cornstarch [(G=2t)]
- Tahini [(G=.5t) (B=2T)]
- Pure Maple Syrup [(G=3T)]
- Natural Peanut Butter [(X=1T)]
- Salsa of choice [(M=.5C)]
- Spaghetti of choice [(Z= 12 oz.)]
- Rice of choice [(G)]
- Brown Rice [(B=1C)]
- Enchilada Sauce of choice [(X=1C)]
- Chili Garlic Sauce [(G=.25t)]

✓ Huy Fong Chili Garlic Sauce

- Tamari [(G=4T) (B=1T) (M=1T)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(X=1.5C) (Z=.75C) (G=2T) (M=2T)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(Z=2T) (R=1T)]
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(Z=1t)]
- Black Salt Powder [(M)]
- Cayenne Pepper [(M=.25t)]
- Chili Powder [(X=1T)]
- Chipotle Powder [(X=.25t) (B=.5t)]
- Cumin [(M=.25t)]
- Curry Powder [(I)]
- Garlic Powder [(X=1.25t) (Z=1t) (P=.25t) (B=2t) (M=1t)]
- Onion Powder [(X=1.25t) (Z=1t) (B=1t)(M=1t)]
- Dried Minced Onions [(X=2T) (B=2T) (M=1T)]
- Dried Oregano [(Z=2t)]
- Smoked Paprika [(X=1.5t) (B=1t) (M=.5t)]
- Red Pepper Flake [(G=.25t)]
- Turmeric [(M=pinch)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Corn Tortillas (of choice) [(X=2.5C)(M=5)]
- Burger Buns (of choice) [(B)]
- Red Raspberry Jam [(R=.25C)]
- _____
- _____
- _____

Recipe Code: Tex-Mex Cabbage Casserole (X), Vegan Parm Zucchini & Tomato Pasta (Z), Vegan Parm Cheese (P), Asian Green Beans & Mushrooms (G), Vegan Jalapeno Popper Burger (B), Jalapeno Raspberry Sauce (R), Vegan Cauliflower Migas (M)