



# MENU



## BREAKFAST IDEAS

- Hearty Blueberry Oat Pancakes
- Roasted Veggie Wrap w/ Hummus

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Mediterranean Pasta Salad
- Dinner Leftovers

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan Cowboy Stew
- Vegan Cheesy Potato Broccoli Pot Pie
- Apple Ginger Vinaigrette Bowl
- Thai Peppers and Noodles
- Oil-Free Mexican Green Rice

- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Pumpkin Spice Oatmeal 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 #134 Shopping List

www.monkeyandmekitchenadventures.com

### PRODUCE

- ☐ Garlic [(Y=2T) (N=1T) (A=1T)]
- ☐ Ginger [(G=.25t) (N=1T)]
- ☐ Medium Yellow Onions [(Y=1) (N=1) (A=.5)]
- ☐ Green Onions [(N)]
- ☐ Green Bell Peppers [(N=2)]
- ☐ Red Bell Peppers [(P=.5) (N=1)]
- ☐ Jalapeno Peppers [(Y=1) (N=1) (A=1)]
- ☐ Carrots [(Y=2) (P=1) (G)]
- ☐ Russet Potatoes [(Y=2C) (P=8C)]
- ☐ Mini-English Cucumbers [(G)]
- ☐ Radishes [(G)]
- ☐ Salad Greens of Choice [(G)]
- ☐ Purple Cabbage [(G)]
- ☐ Avocados [(Y)]
- ☐ Cilantro [(Y) (N) (A=1C)]
- ☐ Gala Apple [(G=1)]
- ☐ Limes [(N=2t) (A=1T)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### DRY/CANNED/JARRED GOODS

- ☐ Toasted Sesame Seeds [(G)]
- ☐ Natural Peanut Butter [(P=1t)]
- ☐ Rice Vinegar [(G=2T+1t)]
- ☐ Distilled White Vinegar [(Y=1t) (P=1T) (G=2t)]
- ☐ Ume Plum Vinegar [(P=1t)]
- ☐ Apple Cider Vinegar [(Y=1t)]
- ☐ Sherry Vinegar [(N=1t)]
- ☐ Tomato Paste [(Y=2T)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(Y=1)]
- ☐ 16 oz. can Kidney Beans [(Y=1)]
- ☐ 15 oz. can Chickpeas [(G)]
- ☐ 15 oz. can Black Beans [(A=1)]
- ☐ 15 oz. can Pinto Beans [(Y=1)]
- ☐ 14 oz. can Small Brown Lentils [(Y=1) (N)]
- ☐ 15 oz. can Corn [(Y=1)]
- ☐ Nutritional Yeast [(P=.33C)]
- ☐ Brown Rice [(A=1C)]
- ☐ Baking Soda [(Y=Pinch)]
- ☐ Cornstarch [(N=1T)]
- ☐ Flour (of choice) [(Y=1T)]
- ☐ Tahini [(G=2t)]
- ☐ Liquid Smoke [(Y=1t)]
- ☐ Dijon Mustard [(G=1t)]
- ☐ Pure Maple Syrup [(Y=2t) (P=1t) (G=1t) (N=3T)]
- ☐ Molasses [(Y=1t) (N=1t)]

- ☐ Linguini [(N= 12 oz.)]
- ☐ Hot Sauce [(P=.25t)]  
✓ **Frank's RedHot Sauce**
- ☐ Chili Garlic Sauce [(N=1t)]  
✓ **Hoy Fong Chili Garlic Sauce**
- ☐ Tamari [(Y=1T) (P=1T) (N=.33C)]  
✓ **San J Gluten Free Reduced Sodium**
- ☐ Vegetable broth [(Y=1C) (P=.5C) (N=.25C) (A=1C)]  
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(P=.25C)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### FROZEN

- ☐ 12.6 oz. bag Frozen Baby Broccoli Florets [(P=1)]
- ☐ Frozen Corn [(A=1C)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### SPICES USED:

- ☐ Cayenne Pepper [(P=pinch)]
- ☐ Chili Powder [(P=Pinch)]
- ☐ Cumin [(Y=.5t) (A=.5t)]
- ☐ Garlic Powder [(Y=1t) (P=1t) (G=1t)]
- ☐ Dried Ground Mustard Powder [(Y=.5t) (P=.5t)]
- ☐ Onion Powder [(Y=1t) (P=1t) (G=1t)]
- ☐ Dried Minced Onions [(Y=2T) (P=2T) (G=1T)]
- ☐ Smoked Paprika [(Y=1t) (P=.75t)]
- ☐ Sweet Paprika [(P=.5t)]
- ☐ Red Pepper Flake [(N)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ \_\_\_\_\_

### MISC:

- ☐ Tortilla Chips (of choice) [(Y)]
- ☐ Almond Flour Tortillas (or tortillas of choice) [(P=2 tortillas or one package)]  
✓ **Seite Almond Flour Tortillas**
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**Recipe Code:** Vegan Cowboy Stew (Y), Vegan Cheesy Potato and Broccoli Pot Pie (P), Apple Ginger Vinaigrette (G), Thai Peppers and Noodles (N), Oil-Free Mexican Green Rice - Arroz Verde (A)