



BREAKFAST IDEAS

- Vegan Warm Dijon Potato Salad
- GF English Muffin with Guac
- _____
- _____
- _____

LUNCH IDEAS

- Asian Chickpea Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Easy Cauliflower Broccoli Pasta
- Vegan White Bean Parmesan Soup
- Vegan Cheesy Broccoli Rice Casserole
- Balsamic Tahini Dressing Bowl
- BBQ Veggie Loaf
- _____
- _____

SNACKS IDEAS

- Sweet Potatoes with Tahini Sauce
- 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 #136 Shopping List

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PRODUCE

- Garlic [(B=2T) (W=2T) (V=1T)]
- Medium Yellow Onions [(B=1) (W=1)]
- Carrots [(R=1) (D)]
- Grape Tomatoes [(D)]
- Russet Potatoes [(R=2C)]
- Mini-English Cucumbers [(D)]
- Radishes [(D)]
- Salad Greens of Choice [(D)]
- Baby Spinach [(W=3C)]
- Purple Cabbage [(D)]
- Micro Greens (of choice) [(D)]
- Small Squash [(D)]
- Beets [(D)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(P=.25C) (R=.25C)]
- Blanched Slivered Almonds [(P=.25C)]
- Pumpkin Seeds [(D)]
- Hemp Seeds [(D)]
- Flax Meal [(V=2T)]
- Balsamic Vinegar [(D=4T)]
- Distilled White Vinegar [(R=1T)]
- Ume Plum Vinegar [(D=.5t)]
- 14.5 oz. can Petite Diced Tomatoes [(W=1)]
- 15 oz. can Cannellini Beans [(W=3)]
- 16 oz. can Kidney Beans [(D) (V=1)]
- 15 oz. can Chickpeas [(V=1)]
- Nutritional Yeast [(B=2T) (W=.25C) (P=2T) (R=.25C) (V=2T)]
- Cornmeal [(V=2T)]
- Tahini [(D=1T) (V=1T)]
- Pure Maple Syrup [(D=.5t)]
- Maple Sugar (or Date/Coconut Sugar) [(V=1T)]
- Pasta of choice [(B=12 oz.)]
- Ditalini (or pasta of choice) [(W=.33C)]
- Orzo Pasta [(R=.5C)]
- Panko Crumbs [(R=.25C) (V=.5C)]
- Rice of choice [(R=1.5C)]
- Brown Rice [(V=1C)]
- Rolled Oats [(V=1C)]
- Hot Sauce [(R=1t)]

✓ Frank's RedHot Sauce

- Tamari [(B=1T) (W=1T) (R=1T) (V=3T)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(B=1C) (W=2C) (R=.25C) (V=2T)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

REFRIGERATED

- Miso [(D=.5t)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- 16 oz. package Frozen Broccoli and Cauliflower Florets [(B=1)]
- 6 oz. bag Frozen Broccoli Florets [(R=1)]
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(B=.25t) (W=1t)]
- Cayenne Pepper [(V=pinch)]
- Chili Powder [(V=1t)]
- Cumin [(W=.25t)]
- Garlic Powder [(B=1t) (W=1t) (P=.25t) (R=1.5t) (D=.5t) (V=1t)]
- Italian Seasoning [(B=.25t) (W=1t)]
- Dried Ground Mustard Powder [(R=.5t)]
- Onion Powder [(B=1t) (W=1t) (R=1.5t) (D=.5t) (V=1t)]
- Dried Minced Onions [(B=2T) (W=2T) (R=2T) (V=2T)]
- Dried Oregano [(B=.5t) (W=1t)]
- Dried Parsley [(W=1t) (R=1t)]
- Smoked Paprika [(R=.25t) (V=1t)]
- Sweet Paprika [(R=.5t) (V=1t)]
- Freeze Dried Shallots [(D=1t)]
- Dried Crushed Thyme Leaves [()]
- Sea Salt
- Black Pepper

MISC:

- BBQ Sauce (of choice) [(V=1C)]
- _____
- _____

Recipe Code: Easy Cauliflower Broccoli Pasta (B), Easy Vegan White Bean Parmesan Soup (W), Vegan Parmesan Cheese (P), Vegan Cheesy Broccoli Rice Casserole (R), No Oil Balsamic Tahini Dressing Bowl (D), BBQ Veggie Loaf (V)