



MENU



BREAKFAST IDEAS

- Vegan Veggie Shakshuka
- Plant Yogurt w/ Fruit & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Fast and Easy Tomato Soup
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Asian Noodle Soup
- Tangy Thousand Island Dressing Bowl
- Vegan BBQ Lentil Sloppy Joes
- Lebanese Soy Curl & Pea Stew
- Vegan Veggie Tetrazzini
- _____
- _____

SNACKS IDEAS

- Vegan Picnic Potato Salad
- 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 #142 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(N=1T) (B=2T) (L=2T) (V=1T)]
- Ginger [(N=1T)]
- Medium Yellow Onions [(N=1) (B=1) (L=1)]
- Green Onions [(N)]
- Green Bell Peppers [(B=1)]
- Red Bell Peppers [(N=.5)]
- Carrots [(H) (L=.75C)]
- Beets [(H)]
- Celery Ribs [(B=1)]
- Small Tomatoes [(H)]
- Mini-English Cucumbers [(H)]
- Baby Bella Mushrooms [(N=10 oz.)]
- Cremini Mushrooms [(V=12 oz.)]
- Salad Greens of Choice [(H)]
- Flat Leaf Parsley [(L) (V)]
- Lemons [(H=1t)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Hemp Seeds [(H)]
- Rice Vinegar [(N=1T)]
- Distilled White Vinegar [(H=2T)]
- Apple Cider Vinegar [(B=2t)]
- Tomato Paste [(N=1T) (L=2T)]
- Tomato Sauce [(B=3T+1C)]
- 14.5 oz. can Petite Diced Tomatoes [(L=1)]
- Dry Small Brown Lentils [(B=.75C)]
- Palouse Small Brown Lentils**
- 16 oz. can Kidney Beans [(H)]
- 15 oz. can Chickpeas [(N=1)]
- Nutritional Yeast [(V=2T) (V=1T)]
- Flour (of choice) [(V=1T+2t)]
- Tahini [(N=1t)]
- Liquid Smoke [(B=.5t)]
- Stone Ground Mustard [(H=2T)]
- Ketchup [(H=2T+2t)]
- Pure Maple Syrup [(N=1t) (H=1t) (B=3T+1t)]
- Molasses [(B=1T)]
- Spaghetti [(N= 8 oz.) (V=10 oz.)]
- Rice of choice [(L)]
- Chili Garlic Sauce [(N=1t)]
- Huy Fong Chili Garlic Sauce**
- Tamari [(N=3T) (B=1T) (V=2T)]
- San J Gluten Free Reduced Sodium**
- Vegetable broth [(N=2C) (B=2C) (L=1C) (V=1.33C)]

Pacific Organic Vegetable Stock – Low Sodium

- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(V=.66C)]
- Hummus [(H=.5C)]
- _____
- _____
- _____
- _____

FROZEN

- 13 oz. package Frozen Peas [(L=1)]
- Frozen Mixed Vegetables [(V=1.5C)]
- _____
- _____
- _____
- _____

SPICES USED:

- Allspice [(L=Pinch)]
- Bay Leaves [(L=1)]
- Cardamom [(L=Pinch)]
- Chili Powder [(B=2t)]
- Cinnamon [(L=Pinch)]
- Coriander [(L=.5t)]
- Cumin [(B=.25t) (L=.75t)]
- Garlic Powder [(N=1t) (B=1t) (L=1t) (V=1.25t)]
- Dried Ground Mustard Powder [(B=.5t) (V=1t)]
- Nutmeg [(L=Pinch)]
- Onion Powder [(N=1t) (B=1t) (L=1t) (V=1t)]
- Dried Minced Onions [(N=2T) (B=2T) (L=2T) (V=2T)]
- Dried Parsley [(V=1t)]
- Smoked Paprika [(B=1.5t)]
- Sweet Paprika [(B=.5t)]
- Dried Crushed Thyme Leaves [(V=.5t)]
- Sea Salt
- Black Pepper

MISC:

- Tortilla Chips (of choice) [(V=.5C)]
- Burger Buns (of choice) [(B)]
- Soy Curls (internet purchase) [(L=1.5C)]
- Butler Soy Curls**
- _____
- _____
- _____

Recipe Code: Asian Noodle Soup (N), Tangy Thousand Island Hummus Dressing Bowl (H), Vegan BBQ Lentil Sloppy Joes (B), Lebanese Soy Curls and Pea Stew (Bazilla) (L), Vegan Veggie Tetrazzini (V)