



# MENU



*Monkey & Me*  
kitchen adventures

## BREAKFAST IDEAS

- Apple Walnut Cookie Scones
- Roasted Potatoes w/ Veggies
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Veggie Sandwich Spread
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Red Lentil Butter Bean Soup
- Spicy Korean Rice Cakes
- Middle Eastern Couscous Salad
- Vegan Pierogi Stuffed Shells
- Vegan Black Bean Burger
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Oil Free Tangy Beet Coleslaw
- 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 #140 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(R=2T) (K=1T)]
- Medium Yellow Onions [(R=1) (P=1)]
- Green Onions [(K=4) (M=8)]
- Red Bell Peppers [(K=1)]
- Carrots [(K=.5C)]
- Small Tomatoes [(M=1C)]
- Russet Potatoes [(MP=5 lbs.)]
- Mini-English Cucumbers [(M=2)]
- Romaine Lettuce [(M=7C)]
- Baby Spinach [(R=4C) (P=1C)]
- Green Cabbage [(K=1C)]
- Small Zucchini [(B=1C)]
- Flat Leaf Parsley [(M=.25C)]
- Lemons [(M=1T)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Cashews (raw) [(P=.5C) (SS=.5C)]
- Pecans [(B=.5C)]
- Flax Seed Meal [(B=1T)]
- Red Wine Vinegar [(M=.25C+2T)]
- Distilled White Vinegar [(R=1t) (P=1T)]
- Ume Plum Vinegar [(P=1t)]
- Apple Cider Vinegar [(SS=2T)]
- Ketchup [(K=1T)]
- Tomato Paste [(B=2T) (SS=1T)]
- Dry Red Lentils [(R=.75C)]
- 15 oz. can Chickpeas [(K=1) (M=1)]
- 15 oz. can Black Beans [(B=1)]
- 15 oz. can Butter Beans [(R=2)]
- 14 oz. can Small Brown Lentils [( )]
- Nutritional Yeast [(P=5T)]
- Cornstarch (or arrowroot powder)[(K=2t)]
- Tahini [(K=1t) (M=1T) (SS=2T)]
- Liquid Smoke [(B=.25t)]
- Pure Maple Syrup [(K=2t) (M=2t) (SS=2t)]
- Rice of choice [(K=3.5C - cooked)]
- Pearl Couscous [(M=.75C)]
- 12 oz. Jumbo Pasta Shells [(P=1)]
- Chili Garlic Sauce [(K=1t)]
- Huy Fong Chili Garlic Sauce**
- Tamari [(R=1T) (K=3T) (B=1T) (SS=1T)]
- San J Gluten Free Reduced Sodium**
- Vegetable broth [(R=3C) (K=2.5C) (P=4T)]

✓ **Pacific Organic Vegetable Stock – Low Sodium**

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

## REFRIGERATED

- Unsweetened Plain Plant Milk [(P=2T) (MP=1.5C)]
- Unsweetened Plain Plant Yogurt [(P=.25C)]
- Miso [(K=1T) (M=1T) (B=1T)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

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

## SPICES USED:

- Bay Leaves [(R=1)]
- Coriander [(B=.25t)]
- Garlic Powder [(R=1t) (K=.5t) (M=1t) (P=2t) (B=1t) (SS=1t) (MP=1t)]
- Dried Mint [(R=.25t) (M=pinch)]
- Dried Ground Mustard Powder [(B=.25t) (SS=.5t)]
- Onion Powder [(R=1t) (K=.5t) (M=1t) (P=2t) (B=1t) (SS=.5t) (MP=1t)]
- Dried Minced Onions [(R=2T) (P=1t) (B=2T)]
- Sweet Paprika [(B=.25t) (SS=.5t)]
- Red Pepper Flake [(K=.25t) (B=.5t)]
- Dried Crushed Thyme Leaves [(R=1t)]
- Turmeric [(R=.25t)]
- Sea Salt
- Black Pepper

## MISC:

- Panko Crumbs (of choice) [(B=.5C)]
- Burger Buns (of choice) [(B)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Red Lentil Butter Bean Soup (R), Oil Free Spicy Korean Rice Cakes (K), Middle Eastern Couscous Salad (M), Vegan Pierogi Stuffed Shells (P), Simple Mashed Potatoes (MP), Vegan Black Bean Burger (B), Special Burger Sauce (SS)