



MENU



BREAKFAST IDEAS

- Vegan Muesli
- Oatmeal w/ PB & Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Chinese 5 Spice Barbecue Soy Curls
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Pasta E Ceci
- Easy Greek Vinaigrette Bowl
- Vegan Biscuit Pot Pie
- Vegan Egg Roll Stir Fry
- Healthy Vegan Jambalaya
- _____
- _____

SNACKS IDEAS

- Vegan Snickerdoodles
- 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 #141 Shopping List

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PRODUCE

- Garlic [(P=2T) (B=2T) (E=2T) (J=1T)]
- Ginger [(E=.5t)]
- Medium Red Onions [(E=1)]
- Medium Yellow Onions [(P=1) (B=1) (J=1)]
- Green Onions [(E)]
- Green Bell Peppers [(G) (J=1)]
- Red Bell Peppers [(G)]
- Carrots [(G) (E=4) (J=1)]
- Celery Ribs [(B=2) (J=2)]
- Small Tomatoes [(G)]
- Russet Potatoes [(B=1.5C)]
- Mini-English Cucumbers [(G)]
- Salad Greens of Choice [(G)]
- Baby Spinach [(J=3C)]
- Baby Kale [(P=3C)]
- Small Green Cabbage [(E=1)]
- Flat Leaf Parsley [(G) (J)]
- Lemons [(G=1t)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Toasted Sesame Seeds [(E=2T)]
- Unsalted Almond Butter [(B=.5C)]
- Flax Seed Meal [(B=1T)]
- Red Wine Vinegar [(G=.25C)]
- Balsamic Vinegar [(G=.25C)]
- Rice Vinegar [(E=1T)]
- Distilled White Vinegar [(P=1t)]
- Apple Cider Vinegar [(B=1T)]
- Tomato Paste [(P=1T)]
- 14.5 oz. can Fire Roasted Petite Diced Tomatoes [(P=1) (J=1)]
- 15 oz. can Cannellini Beans [(B=1C)]
- 16 oz. can Kidney Beans [(J=1)]
- 15 oz. can Chickpeas [(P=1)]
- Jarred Artichokes [(G)]
- Nutritional Yeast [(P=.25C)]
- Brown Rice Flour [(B=.5C)]
- Flour (of choice) [(B=3T)]
- Almond Flour [(B=1C)]
- Oats [(B=.5C)]
- Baking Powder [(B=1T)]
- Baking Soda [(P=.25t)]
- Tahini [(G=1t)]
- Liquid Smoke [(J=.25t)]
- Pure Maple Syrup [(P=.5t) (G=1T+2t) (E=5t)]

- Pasta of choice [(P=.5C)]
- Couscous [(G)]
- Rice of choice [(E) (J=1.5C)]
- Grainy Mustard [(G=1T)]
- Hot Sauce [(J)]
- ✓ **Frank's RedHot Sauce**
- Tamari [(E=.25C+1T)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(P=2C) (B=1C) (J=2C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(B=1.5C)]
- Miso [(E=1T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- Frozen Mixed Vegetables [(B=2.5C)]
- Edamame [(E=.66C)]
- Peas [(E=.66C)]
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(P=1.5t)]
- Bay Leaves [(B=1) (J=1)]
- Cayenne Pepper [(J=.25t)]
- Dried Dill Weed [(J=.25t)]
- Garlic Powder [(P=1.5t) (G=1t) (B=1t) (E=.5t) (J=2t)]
- Dried Ground Mustard Powder [(B=.25t)]
- Onion Powder [(P=1t) (G=1t) (B=1t) (E=.5t) (J=1)]
- Dried Minced Onions [(P=2T) (B=2T) (J=2T)]
- Dried Oregano [(P=1.5t) (G=1t) (J=.25t)]
- Poultry Seasoning [(B=.25t)]
- Smoked Paprika [(J=2t)]
- Sweet Paprika [(B=.25t) (J=1t)]
- Red Pepper Flake [(P=.25t) (E=.25t)]
- Dried Crushed Thyme Leaves [(P=.25t) (B=1t) (J=.25t)]
- Sea Salt
- Black Pepper

MISC:

- _____
- _____

Recipe Code: Pasta E Ceci (Italian Chickpea Soup) (P), Oil Free Easy Greek Vinaigrette Bowl (G), Vegan Biscuit Pot Pie (B), Vegan Egg Roll Stir Fry (E), Healthy Vegan Jambalaya (J)