



# MENU



## BREAKFAST IDEAS

- Peanut Butter Banana Scones
- Oatmeal with fruit
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Oil Free Gazpacho
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan Italian Tomato Mac & Cheese
- Cabbage Wedges with Sauce
- Oil Free Teriyaki Tofu Bowl
- Oil Free French Dressing Salad
- Vegan Baked Black Bean Quesadillas
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Oil Free Spicy Asian Cucumber 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 #155 Shopping List

www.monkeyandmekitchenadventures.com

## PRODUCE

- Garlic [(M=2T) (Y=2t) (Z=1t)]
- Ginger [(Y=1t)]
- Small Red Onions [(F=1)]
- Medium Yellow Onions [(M=1C)]
- Green Onions [(A=2)]
- Carrots [(F)]
- Grape Tomatoes [(F)]
- Mini-English Cucumbers [(A=7)]
- Radishes [(F)]
- Salad Greens of Choice [(F)]
- Green Cabbage [(H=1)]
- Avocados [(Z=1)]
- Cilantro [(Z=.5C)]
- Flat Leaf Parsley [(H)]
- Fresh Basil [(M)]
- Lemons [(H=1T)]
- Limes [(Z=3T)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- Hemp Seeds [(F)]
- Pepitas [(F)]
- Cashews (raw) [(M=.33C)]
- Peanuts [(A=2T-optional)]
- Sesame Seeds [(A=1T)]
- Unsalted Almond Butter [(F=1T)]
- Rice Vinegar [(Y=4t) (A=3T)]
- Distilled White Vinegar [(M=.5t) (A=2t) (F=3T)]
- Apple Cider Vinegar [(F=1T+1t)]
- Prepared Horseradish [(H=.33C)]
- Tomato Paste [(F=3T)]
- Tomato Sauce [(M=15 oz.)]
- 16 oz. can Kidney Beans [(F)]
- 15 oz. can Black Beans [(Q=1)]
- Nutritional Yeast [(M=.33C)]
- Cornstarch [(Y=1t)]
- Tahini [(Y=2t) (A=1t)]
- Pure Maple Syrup [(Y=.5C) (A=1T) (F=3T) (Z=1t)]
- Molasses [(Y=1t)]
- Pasta of choice [(F)]
- Elbow Macaroni [(M=12 oz.)]
- Brown Rice [(Q=.75C)]
- Red Curry Paste [()]
- Thai Kitchen Red Curry Paste**
- Tamari [(Y=.5C) (A=2T) (F=1t)]
- San J Gluten Free Reduced Sodium**

- Vegetable broth [(M=.75C) (H=1.5C) (Q=.25C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFRIGERATED

- Unsweetened Plain Plant Milk [(M=.75C) (H=1C)]
- 14 to 16 oz. Extra Firm Tofu [(Y=1)]
- Vegan Parmesan Cheese (of choice) [(M)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN

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

## SPICES USED:

- Dried Basil [(M=1.5t)]
- Celery Seeds [(F=pinch-optional)]
- Chipotle Powder [(Q=.5t)]
- Cumin [(Q=(pinch)]
- Garlic Powder [(M=1t) (H=2.25t) (F=1t) (Q=.5t)]
- Italian Seasoning [(M=.25t)]
- Dried Ground Mustard Powder [(M=.5t) (F=.5t)]
- Onion Powder [(M=1t) (H=2t) (F=1t) (Q=.5t)]
- Dried Minced Onions [(M=2T) (H=4T) (F=2T)]
- Dried Oregano [(M=1.5t)]
- Dried Parsley [(M=1t)]
- Korean Red Pepper Powder [(A=.5t)]
- Smoked Paprika [(Q=1.5t)]
- Sweet Paprika [(F=1t)]
- Red Pepper Flake [(M=pinch)]
- Sea Salt
- Black Pepper

## MISC:

- 6-inch Tortillas (of choice) [(Q)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Vegan Italian Tomato Mac & Cheese (M), Cabbage Wedges with Horseradish Cream (H), Teriyaki Tofu (Y), Spicy Asian Cucumber Salad (A), French Dressing Salad (F), Black Bean Quesadillas (Q), Avocado Lime Cilantro Sauce (Z)