



MENU



BREAKFAST IDEAS

- Hash Brown Potatoes
- Plant Yogurt, Oats, Fruit, & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Apricot Broccoli Chopped Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Easy Vegan Lemon Ricotta Pasta
- Greek Zucchini and Potato Bake
- Vegan Tex-Mex Farro Skillet
- Easy Burnt Ends BBQ Soy Curls
- Rustic Braised Vegetable Stew
- _____
- _____

SNACKS IDEAS

- Vegan Coconut Macarons
- 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 #160 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- Garlic [(G=1T) (F=1T) (V=2T)]
- Medium Red Onions [(G=.5C)]
- Large Yellow Onions [(V=2)]
- Medium Yellow Onions [(F=1)]
- Green Bell Peppers [(F=1)]
- Carrots [(V=3)]
- Celery Ribs [(V=2)]
- Russet Potatoes [(G=3)]
- Yukon Gold Potatoes [(V=1.5 lbs.)]
- Medium Zucchini [(G=2) (F=1.5C)]
- Avocados [(F)]
- Cilantro [(F)]
- Flat Leaf Parsley [(G)]
- Fresh Basil [(R)]
- Button Mushrooms [(V=8oz.)]
- Cremini Mushrooms [(V=8oz.)]
- Lemons [(R=2T) (G=1t)]
- Limes [(F=1T)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(P=.25C)]
- Blanched Slivered Almonds [(P=.25C)]
- Apple Cider Vinegar [(V=2T)]
- Tomato Paste [(V=1T)]
- 28 oz. can Petite Diced Tomatoes [(G)]
- 14.5 oz. can Petite Diced Tomatoes [(F=1)]
- 28 oz. can Crushed Tomatoes [(V=1)]
- 16 oz. can Kidney Beans [(V=2)]
- 15 oz. can Pinto Beans [(F=1)]
- 15 oz. can Corn [(F=1)]
- Nutritional Yeast [(P=2T) (G=3T) (F=1T)]
- Farro [(F=1C)]
- Baking Soda [(F=pinch) (V=.25t)]
- Cornstarch/Arrowroot Powder [(V=2T)]
- Tahini [(G=2T)]
- BBQ Sauce (of choice) [(S=1.5C)]
- Dill Pickle Slices [(F)]
- Pure Maple Syrup [(V=1T)]
- Molasses [(V=1t)]
- Pasta of choice [(R=16 oz.)]
- Tamari [(V=1T)]
- San J Gluten Free Reduced Sodium**
- Vegetable broth [(F=1C) (V=1C)]

Pacific Organic Vegetable Stock – Low Sodium

- _____
- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- Vegan Ricotta Cheese [(R=8 oz.)]
- Miso [(G=1T) (F=1T)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____

SPICES USED:

- Bay Leaves [(V=2)]
- Cayenne Pepper [(V=pinch)]
- Chili Powder [(F=1T) (V=2t)]
- Cumin [(F=1.5t)]
- Garlic Powder [(R=1t) (P=.25t) (G=1t) (F=1t) (V=1t)]
- Onion Powder [(R=1t) (G=1t) (F=1t) (V=1t)]
- Dried Minced Onions [(V=2T)]
- Dried Oregano [(G=2t)]
- Dried Parsley [(G=2t)]
- Smoked Paprika [(F=1.25t) (V=.25t)]
- Sweet Paprika [(V=2t)]
- Red Pepper Flake [(R=.25t)]
- Dried Crushed Rosemary [(G=.25t)]
- Dried Crushed Thyme Leaves [(V=1t)]
- Sea Salt
- Black Pepper

MISC:

- Burger Buns (of choice) [(S)]
- Soy Curls (internet purchase) [(S=8oz.)]
- Butler Soy Curls**
- _____
- _____
- _____

Recipe Code: Easy Vegan Lemon Ricotta Pasta (R), Vegan Parmesan Cheese (P), Oil Free Greek Zucchini and Potato Bake (G), Oil Free Vegan Tex-Mex Farro Skillet (F), Easy Burnt Ends BBQ Soy Curls (S), Rustic Braised Vegetable Stew (V)