



MENU



BREAKFAST IDEAS

- Veggie Breakfast Scramble
- Plant Yogurt, Oats, Fruit, & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Tex-Mex Pasta Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Chinese Noodles and Zoodles
- Easy Three Bean Curry
- Lentil Pilaf Whole Stuffed Cabbage
- French Country Veggie Stew
- No Oil Greek Salad
- _____
- _____

SNACKS IDEAS

- Mediterranean 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 #163 Shopping List

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PRODUCE

- Garlic [(N=1T) (E=2t) (L=2T) (F=2T) (G=2 cloves)]
- Ginger [(N=1t) (E=2t)]
- Large Red Onions [(G=1)]
- Medium Yellow Onions [(N=1) (E=1) (L=1) (F=1)]
- Green Bell Peppers [(G=1)]
- Red Bell Peppers [(N=1)]
- Jalapeno Peppers [(N=1)]
- Carrots [(N=1) (F=3)]
- Celery Ribs [(F=2)]
- Small Tomatoes [(G=6)]
- Russet Potatoes [(F= 2 lbs.)]
- Mini-English Cucumbers [(G=2)]
- Radishes [(G=3)]
- Salad Greens of Choice [(F= 8 oz.)]
- Large Green Cabbage [(L=1)]
- Medium Zucchini [(N=3C)]
- Cilantro [(E)]
- Flat Leaf Parsley [(L) (F)]
- Fresh Basil [(N=.75C)]
- Mushrooms (of choice) [(F= 10 oz.)]
- Lemons [(G=2T)]
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Quinoa [(G=1C)]
- Cashews (raw) [(G=12)]
- Red Wine Vinegar [(G=3T)]
- Rice Vinegar [(N=1T)]
- Distilled White Vinegar [(L=1T)]
- Greek Olives [(G=1C)]
- Pepperoncini [(G=8)]
- Tomato Paste [(F=2T)]
- 14.5 oz. can Petite Diced Tomatoes [(E=1) (L=1) (F=1)]
- 15 oz. can Great Northern Beans [(E=1)]
- 16 oz. can Kidney Beans [(E=1)]
- 15.5 oz. can Cannellini Beans [(F=1)]
- 15 oz. can Black Beans [(E=1)]
- 14 oz. can Small Brown Lentils [(L=1)]
- Nutritional Yeast [(L=2T)]
- Flour (of choice) [(F=1t)]
- Baking Soda [(L=.25t) (F=.25t)]
- Cornstarch [(N=1t)]
- Tahini [(N=1T)]
- Pure Maple Syrup [(N=3T) (L=.5t)]
- Linguini [(N=8 oz.)]
- Rice of choice [(E) (L=2C)]

- Light Coconut Milk (can) [(E=1C)]
- Chili Garlic Sauce [(N=.25t)]
✓ **Huy Fong Chili Garlic Sauce**
- Hot Sauce [(L=1t)]
✓ **Frank's RedHot Sauce**
- Tamari [(N=.25C+1T) (L=3T)]
✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(N=.25C) (E=.75C) (L=1C) (F=.5C)]
✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Vegan Ricotta Cheese [(G=1C)]
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____

SPICES USED:

- Dried Basil [(L=1t) (G=.5t)]
- Bay Leaves [(F=2)]
- Cayenne Pepper [(E=pinch)]
- Chili Powder [(L=.5t)]
- Chinese Five Spice Powder [(N=.25t)]
- Cumin [(E=.5t)]
- Curry Powder [(E=1t)]
- Dried Crushed Fennel [(F=.25t)]
- Garam Masala [(E=.25t)]
- Garlic Powder [(E=1t) (2=1t) (F=1t)]
- Dried Ground Mustard Powder [(F=.5t)]
- Onion Powder [(E=1t) (L=2t) (F=1t) (G=.5t)]
- Dried Minced Onions [(E=2T) (L=3T) (F=2T)]
- Dried Oregano [(L=3t) (F=.5t) (G=1t)]
- Dried Parsley [(L=2t)]
- Sweet Paprika [(L=.5t)]
- Red Pepper Flake [(L=pinch) (F)]
- Saffron Threads [(F=pinch)]
- Dried Crushed Thyme Leaves [(F=.25t)]
- Turmeric [(E=.25t)]
- Sea Salt
- Black Pepper

MISC:

- Vegan White Wine [(F=.25C)]
- _____

Recipe Code: Chinese Five Spice Noodles and Zoodles (N), Easy Three Bean Curry (E), Instant Pot Lentil Pilaf Whole Stuffed Cabbage (L), French Country Veggie Stew (F), No Oil Greek Salad (G)