Whole Food Plant Based

#164

MENU

Monkey & Me kitchen adventures

BREAKFAST IDEAS

- Hearty Blueberry Oat Pancakes
- Sweet Potato Toast w/ PB & Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Asian Veggie Dumplings
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Enchilada Lentil Soup
- Vegan Chili-ghetti
- Vegan Italian Dressing Salad
- Creamy Butternut Squash Soup
- Hungarian Cabbage and Noodles
- _____
- _____

SNACKS IDEAS

- Carrot Salad w/ Mustard Dressing
- Fruit and Veggies
- _____
- _____
- _____

Notes:

Whole Food Plant Based

INSTRUCTIONS

Monkey & Me kitchen adventures

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 #164 Shopping List **www.monkeyandmekitchenadventures.com**

PRODUCE

- ☐ Garlic [(E=2T) (G=1T) (B=1T) (H=2T)]
- ☐ Large Yellow Onions [(B=1)]
- ☐ Medium Yellow Onions [(E=1) (G=1) (H=1C)]
- ☐ Green Bell Peppers [(E=.5) (G=.5)]
- ☐ Red Bell Peppers [(E=.5) (G=.5) (D) (H=.25C)]
- ☐ Carrots [(D) (H=.5C)]
- ☐ Cauliflower [(B=6C)]
- ☐ Small Butternut Squash [(B=.5)]
- ☐ Grape Tomatoes [(D)]
- ☐ Mini-English Cucumbers [(D)]
- ☐ Salad Greens of Choice [(D)]
- ☐ Green Cabbage [(H=5C)]
- ☐ Avocados [(E)]
- ☐ Cilantro [(E)]
- ☐ Flat Leaf Parsley [(H)]
- ☐ Lemons [(D=2t)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Cashews (raw) [(E=.25C) (D=.33C) (B=.5C)]
- ☐ Unsalted Almond Butter [(H=1T)]
- ☐ Red Wine Vinegar [(D=.25C)]
- ☐ Distilled White Vinegar [(D=4T)]
- ☐ Ume Plum Vinegar [(B=2T)]
- ☐ Apple Cider Vinegar [(G=.5t) (H=1t)]
- ☐ Tomato Sauce [(G= 8 oz.)]
- ☐ 14.5 oz. can Petite Diced Tomatoes [(E=1) (G=1)]
- ☐ Dry Small Brown Lentils [(E=1C)]
  - ✓ ***Palouse Small Brown Lentils***
- ☐ 15 oz. can Navy Beans [(D) (H=.75C)]
- ☐ 16 oz. can Kidney Beans [(G=1)]
- ☐ 15 oz. can Pinto Beans [(E=1)]
- ☐ 10 oz. Enchilada Sauce [(E=1)]
- ☐ 4 oz. Diced Mild Green Chiles [(E=1)]
- ☐ Nutritional Yeast [(G=2T) (D=.25C) (B=.25C) (H=2T)]
- ☐ Cornmeal [(E=2T)]
- ☐ Baking Soda [(E=.25t) (G=pinch)]
- ☐ Pure Maple Syrup [(G=.5t) (D=1T)]
- ☐ Pasta of choice [(D) (H=6 oz.)]
- ☐ Spaghetti [(G=14 oz.)]
- ☐ Hot Sauce [(E=1t)]
  - ✓ ***Frank's RedHot Sauce***
- ☐ Tamari [(H=1T)]
  - ✓ ***San J Gluten Free Reduced Sodium***
- ☐ Vegetable broth [(E=3C) (B=1C) (H=1C)]
  - ✓ ***Pacific Organic Vegetable Stock – Low Sodium***
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(E=.25C)]
- ☐ Miso [(B=1T)]
  - ✓ ***Miso Master Organic Mellow White***
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ Frozen Corn [(E=.75C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Dried Basil [(D=.5t)]
- ☐ Bay Leaves [(H=1)]
- ☐ Celery Seeds [(D=pinch)]
- ☐ Chili Powder [(E=1.25t) (G=2.5t)]
- ☐ Chipotle Powder [(E=Pinch) (G=pinch)]
- ☐ Cumin [(E=.25t) (G=.25t)]
- ☐ Garlic Powder [(E=1t) (G=1t) (D=1t) (B=1t) (H=1t)]
- ☐ Italian Seasoning [(D=.5t)]
- ☐ Onion Powder [(E=1t) (G=1t) (D=1t) (B=1t) (H=1t)]
- ☐ Dried Minced Onions [(D=1T) (B=2T) (H=2T)]
- ☐ Dried Oregano [(G=.5t) (D=.5t) (H=.5t)]
- ☐ Dried Parsley [(D=.5t)]
- ☐ Smoked Paprika [(G=.5t) (B=1T+1t) (H=.25t)]
- ☐ Sweet Paprika [(H=.75t)]
- ☐ Dried Crushed Thyme Leaves [(D=.25t) (H=.5t)]
- ☐ Sea Salt
- ☐ Black Pepper

MISC:

- ☐ Tortilla Chips (of choice) [(E)]
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Vegan Creamy Enchilada Lentil Soup (E), Vegan Chili-Ghetti (G), Oil Free Vegan Creamy Italian Dressing Salad (D), Creamy Smoky Butternut Squash Soup (B), Vegan Hungarian Cabbage and Noodles (H)