

Whole Food Plant Based
#1



BREAKFAST IDEAS

- Maple Berry Parfait
- Oatmeal w/ fruits, nuts, seeds
- _____
- _____
- _____

LUNCH IDEAS

- Quesadillas
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Southern Collard Greens
- Lentil Tacos
- Asian Veggie Stir Fry
- Red Pepper Hummus Pasta
- Moroccan Sweet Potato Lentil Stew
- _____
- _____

SNACKS IDEAS

- Red Pepper Hummus
- Fruits 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:
3 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 #1 Shopping List

www.monkeyandmekitchenadventures.com

PRODUCE

- 2 large yellow onion [(SCG=1) (MLS=1)]
- 1 large red onion [(PHP=1)]
- 3 celery stalks [(SCG=2) (AVS=1)]
- 2 green bell peppers [(SCG=2)]
- 2 red bell peppers [(PHP=2)]
- 2 lg. bunches collard greens [(SCG=2 bunches)]
- 10 cloves garlic [(SCG=5) (AVS=5)]
- 2 lemon [(SCG=1 lemon) (RRPH=1 lemon)]
- 1-8oz. package mini sweet peppers [(AVS=5)]
- 3 carrots [(AVS=2) (MLS=1)]
- 3 broccoli heads [(AVS=3)]
- 1 bunch green onions [(AVS=1)]
- Basil leaves [(PHP=several)]
- 3 sweet potatoes [(MLS=3)]
- Package baby spinach [(MLS=2C)]
- Bunch Cilantro [(MLS=1C)]
- _____
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REFRIGERATED

- Taco Shells [(LT=see recipe)]
 - ✓ *Siete Gluten Free Almond Taco Shells -or-*
 - ✓ *Cabo Taco Shells -or-*
 - ✓ *Food for Life Taco Shells*
- Sriracha Sauce [(AVS=optional topping)]
 - ✓ *Wildbrine Sriracha Sauce*
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
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- _____

DRY/CANNED/JARRED GOODS

- 6.5 cups Vegetable broth [(SCG=3.5C) (LT=2C) (MLS=1C)]
 - ✓ *Pacific Organic Vegetable Stock – Low Sodium*
- 2-15 oz. cans Kidney beans [(SCG=2-15 oz. cans)]
- 2-15 oz. cans Cannelloni beans [(PHP-2cans)]
- 3.5 Cups Dry lentils [(LT=2C) (MLS=1.5C)]
 - ✓ *Palouse Small Brown Lentils*
- 1.5 Cups Dry Chickpeas [RRPH=1.5C]
 - ✓ *Palouse Chickpeas*
- 1-8 oz. tomato sauce [(LT)]
- Tomato paste [(LT=3T)]
- 1-14 oz. can petite diced tomatoes
- Maple syrup [(LT=1T)]
- Cornstarch [(SCG=2T) (AVS=2T)]
- 1-8 oz. can water chestnuts [(AVS=1)]
- Sesame Seeds [(AVS=2T)]
- Liquid Smoke [(SCG=1t)]
- Cayenne Pepper Sauce [(SCG=.25t)]
 - ✓ *Frank's Red Hot Original*
- Teriyaki Sauce [(AVS= .5C)]
 - ✓ *Coconut Secret Coconut Aminos*
- Tamari [(AVS=2T)]
 - ✓ *San J Low Sodium*
- 1-16 oz. package pasta of choice [(PHP=1 pkg)]
- Tahini [(RRPH=.5C)]
- 1-12 oz. jar Roasted Red Peppers [(RRPH=1 jar)]

SPICES USED:

- Smoked Paprika [(SCG=2t) (LT=2t)]
- Garlic Powder [(SCG=1t) (LT=2t) (PHP=1.5t)]
- Onion Powder [(SCG=1t) (LT=1t) (PHP=.5t)]
- Red Pepper Flake [(SCG=.25t)]
- Sea Salt
- Black Pepper
- Cumin [(LT=1t) (MLS=1t)]
- Chili Powder [(LT=1T+1t)]
- Dried Minced Onions [(LT=2T)]
- Cayenne Pepper [(LT=.25t) (PHP=dash)]
- Sweet Paprika [(PHP=.5t)]
- Bay Leaf [(MLS=1)]
- Coriander [(MLS=.5t)]
- Turmeric [(MLS=.5t)]

MISC:

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

Recipe Code for Menu #1: Southern Collard Greens (SCG), Lentil Tacos (LT), Asian Veggie Stir Fry (AVS), Red Pepper Hummus Pasta (PHP), Moroccan Sweet Potato Lentil Stew (MLS), Red Pepper Hummus (RRPH)