



BREAKFAST IDEAS

- Buckwheat Banana Waffles
- Plant yogurt w/ fruit & nuts
- _____
- _____
- _____

LUNCH IDEAS

- Veggie Bowl w/ Spicy Green Sauce
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- No Oil Italian Pasta Salad
- BBQ Ranch Chickpea Salad
- Tomato Stuffed w/ Greek "Rice"
- Mexican Lasagna
- Rustic Spicy Cauliflower Soup
- _____
- _____

SNACKS IDEAS

- Peach Pie Tortilla Rolls
- 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.



PRODUCE

- 1 garlic bulbs [(ML=1cl.) (ML=1cl.)]
- 1 medium red onion [(ML=.5C)]
- 1 small yellow onion [(GCR=1)]
- 1 medium yellow onion [(IPS=1) (RSC=1)]
- 1 bunch of green onions [(IPS=4)]
- Grape tomatoes [(RCS=.5 pint)]
- 1 red bell pepper [(ML=.5)]
- 1 jalapeno pepper [(ML=1)]
- 3 carrots [(IPS=2) (RSC=1)]
- 1 celery rib [(RSC=1rib)]
- 1 medium cauliflower [(GCR=1)]
- 1 large cauliflower [(RSC=1)]
- 8 medium Brandywine tomatoes [(GCR=8)]
- 1 daikon radish [(IPS=1 -optional)]
- salad greens of choice [(ML=1C)]
- 1 head Romaine lettuce [(RCS=.5head)]
- 2 lemons [(IPS=1) (RCS=.5T)]
- 1 avocado [(RCS=1)]
- 1 bunch of cilantro [(ML=1T)]
- 1 bunch of flat leaf parsley [(GCR=1)]
- 3 heads broccoli [(IPS=3)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(RCS=.5C)]
- Pine nuts [(GCR=.25C)]
- Currents [(GCR=2T)]
- White Wine Vinegar [(IPS=10T)]
- Red Wine Vinegar [(IPS=2T)]
- Barbecue Sauce [(RCS=.25C)]
- 1 – 8 oz. can tomato sauce [(ML=1)]
- 1 – 15 oz. cans chickpeas [(RCS=1)]
- 1 – 15 oz. cans black beans [(ML=1)]
- Nutritional Yeast [(RSC=1t) (ML-optional)]
- Tahini [(IPS=6T)]
- Organic Maple Syrup [(IPS=1t)]
- 12 oz. spiral tri-color pasts (of choice) [(IPS=12oz.)]
- 1.25 cup Vegetable broth [(RSC=1C) (ML=.25C)]
- Pacific Organic Vegetable Stock – Low Sodium***
- _____
- _____
- _____

REFRIGERATED

- Unsweetened plain plant milk [(RSC=2C)]
- Miso [(IPS=4t)]
- Miso Master Organic Mellow White***
- _____
- _____
- _____
- _____
- _____

FROZEN

- Frozen peas [(IPS=1C)]
- Frozen corn [(RCS=1C) (ML=.5C)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(IPS=.5t) (RSC=.5t) (RCS=.5t)]
- Onion Powder [(IPS=.5t) (RCS=.5t)]
- Dried Onion Flakes [(IPS=2t)]
- Italian Seasoning [(IPS=1t)]
- Dried Oregano [(GCR=1t)]
- Dried Parsley [(RCS=1t)]
- Dried Chives [(RCS=1t)]
- Sweet Paprika [(RSC=sprinkle)]
- Smoked Paprika [(RSC=1t)]
- Chili Powder [(ML=1T)]
- Red Pepper Flake [(ML=.5t)]
- Cumin [(ML=1t)]
- Freeze Dried Shallots [(RSC=1T)]
- Cayenne Pepper [(RSC=dash)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____
- _____

MISC:

- 6 inch Corn Tortillas (of choice) [(ML=5)]
- _____
- _____
- _____
- _____

Recipe Code: No Oil Italian Pasta Salad (IPS), Rustic and Spicy Cauliflower Soup (RSC), Mexican Lasagna (ML), Brandywine Tomatoes Stuffed with Greek Cauliflower “Rice” (GCR), BBQ Ranch Chickpea Salad (RCS)