



MENU



BREAKFAST IDEAS

- Veggie-Packed Tofu Scramble
- Sweet Potato Toast w/ PB+Banana
- _____
- _____
- _____

LUNCH IDEAS

- Veggie Bowl Italian Parm Dressing
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Italian Pasta and Peas
- Easy Vegan Chickpea Curry
- Vegetable Pumpkin Stir Fry
- Vegetable Quinoa Paella
- Vegan Greek Chickpea Salad
- _____
- _____

SNACKS IDEAS

- Chocolate PB No Bake Cookies
- 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 bulb [(IPP=5cl.) (CC=1cl.) (QP=3cl.)]
- 1 large red onion [(GCS=.25) (CC=.5)]
- 1 medium white onion [(IPP=1)]
- 1 medium yellow onion [(QP=1)]
- ginger [(QP=.5t)]
- 1 green bell pepper [(GCS=1)]
- 1 red bell pepper [(QP=1)]
- 1 orange bell pepper [(QP=1)]
- 1 yellow bell pepper [(QP=1)]
- 1 carrot [(IPP=1)]
- 2 celery ribs [(IPP=2)]
- baby spinach/baby kale mix [(IPP=5oz.)]
- baby spinach [(PSF=handful)]
- 1 lemon [(GCS=1T+1.5t)]
- fresh basil [(IPP=1C)]
- 1 cauliflower [(QP=.5)]
- 1 medium zucchini [(PSF=1)]
- 1 red Kuri Squash or pumpkin of choice [(PSF=1)]
- 1.5C chestnut mushrooms [(PSF=1.5C)]
- 6 mushrooms [(QP=6)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Quinoa [(QP=1C)]
- Pine nuts [(IPP=2t optional)]
- Red Wine Vinegar [(GCS=2.25t)]
- 1 – 6 oz. can tomato paste [(QP=2T)]
- 1 – 14 oz. can petite diced tomatoes [(CC=1)]
- 1 – 15 oz. cans cannellini beans [(IPP=1)]
- 2 – 15 oz. cans chickpeas [(GCS=1) (CC=1)]
- Nutritional Yeast [(IPP=1T)]
- Chickpea Flour [(QP=.5C)]
- Rice or Noodles of choice [(PSF)]
- Cornstarch [(PSF=1t)]
- Tahini [(GCS=1T)]
- Organic Maple Syrup [(GCS=.25t) (CC=2T) (PSF=1T)]
- Pasta of choice [(IPP=2C)]
- Tamari [(PSF=1.5T)]
- San J Gluten Free Low Sodium**
- 2.5 cups Vegetable broth [(IPP=1C) (QP=1.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened plain plant milk [(IPP=.25C+1T) (CC=1.5C) (PSF=.25C)]
- Unsweetened plain plant yogurt [(GCS=2T+.5t)]
- Vegan cream cheese [(IPP=2T)]
 - Kite Hill Cream Cheese**
- Miso [(IPP=1T)]
 - Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN

- Frozen Peas [(IPP=2C)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(IPP=1t) (GCS=.5t)]
- Onion Powder [(IPP=1t) (GCS=.5t) (QP=.5t)]
- Dried Onion Flakes [(IPP=2T)]
- Italian Seasoning [(IPP=.5t)]
- Dried Oregano [(GCS=.5t)]
- Dried Basil [(IPP=.75t)]
- Curry Powder [(CC=1T)]
- Coriander [(CC=1t) (PSF=1t)]
- Sweet Paprika [(CC=1t) (QP=2t)]
- Ginger [(CC=1t)]
- Turmeric {9QP=2t}
- Red Pepper Flake [(IPP=pinch)]
- Cumin [(CC=1t)]
- Cayenne Pepper [(QP=.5t)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

- _____
- _____
- _____
- _____

Recipe Code: Italian Pasta and Peas (IPP), Easy Vegan Chickpea Curry (CC), Vegetable Pumpkin Stir-Fry (PSF), One-Pan Vegetable Quinoa Paella (QP), Vegan Greek Chickpea Salad (GCS)