



MENU



BREAKFAST IDEAS

- Pumpkin Spice Oatmeal Bowl
- GF English Muffin w/ avo & tomato
- _____
- _____
- _____

LUNCH IDEAS

- Black Ramen Noodle Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Curried Yellow Split Pea Stew
- Vegan Stuffed Acorn Squash
- Vegan Cashew Alfredo Sauce
- Chickpea and Rice Soup
- Harvest Veggie Loaf
- _____
- _____

SNACKS IDEAS

- Caramel Chocolate Chip Cookie Dish
- 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 #21 Shopping List

PRODUCE

- 3 garlic bulbs [(AS=5cl.) (YSP=5cl.) (HVL=5cl.) (SAS=2cl.)]
- 1 small onion [(SAS=1)]
- 1 medium white onion [(AS=1)]
- 3 medium yellow onions [(YSP=1) (HVL=1) (CRS=1)]
- Fresh ginger [(YSP=1t)]
- 1 red bell pepper [(YSP=1)]
- 1 medium sweet potato [(HVL=1)]
- flat leaf parsley [(SAS=garnish)]
- 1 acorn squash [(SAS=1)]
- Celery [(HVL=2ribs) (CRS=2C)]
- Carrots [(HVL=1) (CRS=2C)]
- 2 small zucchinis [(AS=1C/1 zoodled)]
- 2 oranges [(HVL=2)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(AS=.33C)]
- Medjool Dates [(HVL=6)]
- Unsweetened Plain Almond Butter [(HVL=2T)]
- Pecans [(HVL=.5C)]
- Walnuts [(SAS=.25C)]
- Dried Cranberries [(HVL=.5C)]
- Ume Plum Vinegar [(AS=1t)]
- Balsamic Vinegar [(HVL=1T)]
- 2 – 15 oz. cans chickpeas [(HVL=2)]
- Dried Yellow Split Peas [(YSP=1.5C)]
- Dried Chickpeas [(CRS=1C)]
- Nutritional Yeast [(AS=2T) (CRS=.5C)]
- Brown Rice [(CRS=1C) (SAS=.5C)]
- Flour of choice [(AS=2T)]
- Organic Maple Syrup [(SAS=1t)]
- 12 oz. linguini pasta [(AS=12oz.)]
- 1 – 14 oz. can lite coconut milk [(YSP=1)]
- Panko bread crumbs [(HVL=2C)]* (see recipe options)
- Red Curry Paste [(YSP=4T)]
 - ✓ **Thai Kitchen Red Curry Paste**
- Tamari [(HVL=3T)]
 - ✓ **San J Gluten Free Low Sodium**
- 2 cups Vegetable broth [(YSP=2C)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened, Plain Plant Milk of Choice [(AS=1.5C)]
- Miso [(AS=1T)]
 - ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- Frozen Baby Sweet Peas [(AS=1C)]
- Brown Rice English Muffins [(HVL=2)]*(see recipe options)
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(AS=1t) (YSP=1t) (HVL=1t) (CRS=2t)]
- Onion Powder [(AS=1t) (YSP=1t) (HVL=1t) (CRS=2t)]
- Dried Minced Onion Flakes [(AS=1T) (YSP=1T) (HVL=2T)]
- Bay Leaf [(YSP=1)]
- Dried Sage [(HVL=2t) (SAS=.5t)]
- Dried Thyme [(HVL=1.25t)]
- Ground Mustard [(HVL=1t)]
- Allspice [(HVL=sprinkle)]
- Cinnamon [(HVL=.25t) (SAS=2t)]
- Whole Cloves [(SAS=2)]
- Dried Parsley [(CRS=1t)]
- Sweet Paprika [(CRS=.5t)]
- Red Pepper Flake [(YSP=.25t)]
- Mild Curry Powder [(SAS=.5t)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

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

Recipe Code: Alfredo Sauce (AS), Curried Yellow Split Pea Stew (YSP), Harvest Veggie Loaf (HV), Chickpea and Rice Soup (CRS), Vegan Stuffed Acorn Squash (SAS)