



BREAKFAST IDEAS

- Carrot Cake Smoothie Bowl
- Roasted Potatoes/Veggies w/ Hummus
- _____
- _____
- _____

LUNCH IDEAS

- Waldorf Salad Wrap/Sandwich
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Thai Curry Brussel Sprout Soup
- Spicy Tahini Pasta w/ Kale & Peas
- Thousand Island Dressing Salad
- 3-2-1 Broccoli Bisque
- Red Beans and Rice
- _____
- _____

SNACKS IDEAS

- Healthy Chocolate Chip 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

- 2 garlic bulbs [(BSS=5cl.) (RBR=5cl.) (BB=1cl.) (TP=6cl.)]
- 1 large yellow onion [(RBR=1)]
- 1 medium yellow onion [(BSS=1) (TP=.5)]
- Ginger [(BSS=4-inch)]
- 1 green bell pepper [(RBR=1)]
- 2 red bell peppers [(BSS=1) (RBR=1)]
- salad greens of choice [(TID=optional)]
- baby spinach [(BSS=4C)]
- 1 lemon [(TP=1T)]
- 2 limes [(BSS=1t, wedges)]
- 1 medium sweet potato [(BSS=1)]
- cilantro [(BSS=optional)]
- kale [(TP=1 bunch)]
- broccoli [(BB=3C)]
- Brussel Sprouts [(BSS=1lb.)]
- Carrots [(BSS=1)]
- Celery [(RBR=3ribs)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(TID=.5C) (BB=1C + .75C)]
- 1 – 6 oz. can tomato paste [(TID=1t)]
- 1 – 15 oz. cans cannellini beans [(BSS=1)]
- 2 – 15 oz. cans kidney beans [(RBR=2)]
- 1 – 15 oz. cans chickpeas [(TID - optional)]
- 1 – 14 oz. can Lite Coconut Milk [(BSS=1)]
- Nutritional Yeast [(BB=3T) (TP=3T)]
- Tahini [(TP=.5C)]
- Organic Maple Syrup [(TID=1T+1t)]
- pasta of choice [(TP=1 box)]
- Rice of Choice [(RBR=1C)]
- Red Curry Paste [(BSS=4T)]
 - ✓ **Thai Kitchen Red Curry Paste**
- 4 cups Vegetable broth [(BSS=1C) (RBR=2C) (BB=1C)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- Miso [(TID=2t)]
 - ✓ **Miso Master Organic Mellow White**
- Refrigerator dill pickle [(TID=1 optional)]
- Unsweetened, plain plant milk [(TP=.5C)]
- _____
- _____
- _____
- _____

FROZEN

- Frozen peas [(TP=1 package)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Garlic Powder [(BSS=1t) (RBR=1t) (TID=1t) (TP=.25t)]
- Onion Powder [(BSS=1t) (RBR=.5t) (TID=1t)]
- Dried Minced Onion Flakes [(BSS=1T)]
- Dried Oregano [(RBR=.5t)]
- Sweet Paprika [(RBR=.5t) (TID=1t)]
- Smoked Paprika [(RBR=.5t) (BB=sprinkle)]
- Chili Powder [(TID=pinch)]
- Red Pepper Flake [(BSS=pinch) (RBR=pinch) (TP=.1t)]
- Cumin [(RBR=.25t)]
- Ground Mustard [(TID=.25t)]
- Celery Seed [(TID=pinch)]
- Cayenne Pepper [(RBR=pinch)]
- Sea Salt
- Black Pepper
- _____
- _____
- _____

MISC:

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

Recipe Code: Thai Curry Brussel Sprout Soup (BSS), Red Beans and Rice (RBR), Vegan Thousand Island Dressing (TID), 3-2-1 Weeknight Broccoli Bisque (BB), Spicy Tahini Pasta with Sauteed Kale + Peas + Onion (TP)