



MENU



BREAKFAST IDEAS

- Baked Pear Almond Oatmeal
- GF Muffin w/ hummus & Veggies

- _____
- _____
- _____

LUNCH IDEAS

- Quesadilla
- Dinner Leftovers

- _____
- _____
- _____

DINNER IDEAS

- Vegan Lentil Shepherd Pie
- Creamy Mushroom Tomato Pasta
- Fast and Easy Tomato Soup
- Quinoa & Black Bean Bowl
- Baked Falafel Bowl

- _____
- _____

SNACKS IDEAS

- Vegan Pecan Sandies
- 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

- ☐ garlic bulbs [(MTP=5cl.)]
- ☐ large white onion [(BF=1)]
- ☐ medium yellow onion [(MTP=1)]
- ☐ jalapeno pepper [(BF=1)]
- ☐ red bell pepper [(BBB=1)]
- ☐ cherry tomatoes [(MTP=2C) (BBB=.5C)]
- ☐ 5 lb. bag russet potatoes [(LSP=1)]
- ☐ spinach [(MTP=1C) (BBB=2C)]
- ☐ lemon [(MTP=1T) (BBB=.5)]
- ☐ cilantro [(BF=1C)]
- ☐ flat leaf parsley [(BF=1C)]
- ☐ fresh oregano [(MTP=.33C)]
- ☐ fresh basil [(MTP=.33C)]
- ☐ bella mushrooms [(MTP=3C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS

- ☐ Pumpkin seeds [(BBB=amount of choice)]
- ☐ Cashews (raw) [(TS=.25C)]
- ☐ Hemp [(MTP=2T)]
- ☐ Quinoa [(BBB=.33C)]
- ☐ 26.46 oz. Strained Tomatoes [(TS=1)]
 - ✓ **Pomi Strained Tomatoes**
- ☐ 6 oz. can tomato paste [(LSP=2T)]
- ☐ can tomato puree [(BBB=1T)]
- ☐ 15 oz. cans chickpeas [(BF=2)]
- ☐ 15 oz. cans black beans [(BBB=1)]
- ☐ Lentils of choice [(LSP=1C)]
- ☐ Nutritional Yeast [(MTP=1T)]
- ☐ Cornstarch [(LSP=1T)]
- ☐ Baking Powder [(BF=2t)]
- ☐ Tahini [(BF=.25C) (BBB=1t)]
- ☐ Organic Maple Syrup [(BBB=1t)]
- ☐ Pasta of choice [(MTP=2C)]
- ☐ Tamari [()]
- ✓ **San J Gluten Free Low Sodium**
- ☐ Vegetable broth [(TS=.5C) (LSP=1C) (BBB=.66C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED

- ☐ Unsweetened plain plant milk [(TS= .5C) (LSP=1.75C)]
- ☐ Miso [(TS=1T)]
 - ✓ **Miso Master Organic Mellow White**
- ☐ Hummus [(BF=1T)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ 2 lb. package of Frozen Mixed Veggies [(LSP=1)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:

- ☐ Garlic Powder [(TS=1t) (LSP=2t+1.5t) (BF=1.5t+pinch) (MTP=2T+1t)]
- ☐ Onion Powder [(TS=.5t) (LSP=2t+.5t)]
- ☐ Dried Minced Onion Flakes [(TS=1T) (LSP=2T)]
- ☐ Dried Thyme [(LSP=1t)]
- ☐ Ground Mustard [(LSP=1t)]
- ☐ Dried Sage [(LSP=.5t)]
- ☐ Bay Leaves [(LSP=2)]
- ☐ Dried Ground Rosemary [(LSP=pinch)]
- ☐ Dried Basil [(MTP=3T)]
- ☐ Sweet Paprika [(BBB=.5t)]
- ☐ Cumin [(BF=1T) (BBB=.25t)]
- ☐ Coriander [(BF=1t)]
- ☐ Cayenne Pepper [(BBB=.25t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ _____
- ☐ _____
- ☐ _____

MISC:

- ☐ Red Wine [(LSP=.5C)]
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipe Code: Fast and Easy Tomato Soup (TS), Vegan Lentil Shepherds Pie (LSP), Baked Falafel (BF), Creamy Mushroom Tomato Pasta (MTP), Quinoa and Black Bean Buddha Bowl (BBB)