BREAKFAST IDEAS

- Carrot Cake Oatmeal Bake
- GF Muffin w/ avo, tomato & seeds
- _____
- _____
- _____

LUNCH IDEAS

- Avocado Taco Bowl
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Cocktail Meatballs
- Chicken Fried Tofu
- Vegan Two Lentil Potato Stew
- One- Pot Vegan Quinoa Chili
- Asian Noodle Salad
- _____
- _____

SNACKS IDEAS

- Roasted Red Pepper Walnut Dip
- Fruits and Veggies
- _____
- _____
- _____

Notes:

INSTRUCTIONS

Monkey & Me
kitchen adventures

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:
  celery stalks [(SCG=2) (AVS=1)]

- This allows you to easily and quickly subtract any recipe you choose not to make.

PRODUCE
- ☐ garlic bulbs [(TL=10cl.) (VQC=3cl.)]
- ☐ medium yellow onion [(TL=1) (AN=.25) (VQC=1)]
- ☐ green onions [(AN=5) (VQC=3)]
- ☐ red bell pepper [(TL=1)]
- ☐ 8 oz. pkg. baby sweet peppers [(AN=1)]
- ☐ carrots [(TL=1) (AN=1C+.5) (VQC=2)]
- ☐ celery [(TL=1rib) (AN=1rib)]
- ☐ small sweet potato [(VQC=1)]
- ☐ mini-English cucumbers [(AN=6)]
- ☐ lemon [(AN=1) (VQC=1)]
- ☐ medium Russet potatoes [(TL=4)]
- ☐ cilantro [(TL=optional)]
- ☐ flat leaf parsley [(VQC=2T)]
- ☐ purple cabbage [(AN=.5)]
- ☐ Napa cabbage [(AN=.5)]
- ☐ zucchini [(VQC=1)]
- ☐ fresh ginger [(AN=1t)]
- ☐ avocado [(VQC=1)]
- ☐ _____
- ☐ _____

DRY/CANNED/JARRED GOODS
- ☐ Sesame Seeds [(AN=3T+2T)]
- ☐ Sunflower Seeds [(AN=3T)]
- ☐ Pecans [(CM=1C)]
- ☐ Flax meal [(CM=1T)]
- ☐ Apple Cider Vinegar [(CFT=2t)]
- ☐ Rice Wine Vinegar [(AN=1T)]
- ☐ Distilled White Vinegar [(CM=1C)]
- ☐ Tomato paste [(CM=2T+8T)]
- ☐ Tomato sauce [(VQC=2.5C)]
- ☐ 14 oz. can petite diced tomatoes [(TL=1)]
- ☐ cannellini beans [(VQC=.75C)]
- ☐ 15 oz. cans black beans [(CM=1) (VQC=.75C)]
- ☐ Dried brown (or green) lentils [(TL-.5C)]
- ☐ Dried red lentils [(TL=.5C)]
- ☐ Dried split peas [(VQC=.5C)]
- ☐ Nutritional Yeast [(CFT=1T)]
- ☐ All Purpose Flour [(CFT=.25C)]
- ☐ Chickpea Flour [(CFT=.5C)]
- ☐ Brown Rice [(CM=.5C)]
- ☐ Quinoa [(VQC=1C)]
- ☐ Organic Maple Syrup [(CM=8T) (AN=1T)]
- ☐ thin spaghetti [(AN=8 oz.)]
- ☐ Tamari [(CM=2T) (AN=2T)]
  - ✓ *San J Gluten Free Low Sodium*
- ☐ Vegetable broth [(TL=.5C) (VQC=2C)]
  - ✓ *Pacific Organic Vegetable Stock – Low Sodium*
- ☐ _____

- ☐ _____
- ☐ _____

REFRIGERATED
- ☐ Unsweetened plain plant milk [(AN=2T) (CFT=1C+3C)]
- ☐ 14 oz. Extra Firm Tofu [(CFT=1)]
- ☐ Miso [(AN=1T)]
  - ✓ *Miso Master Organic Mellow White*
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN
- ☐ Frozen sweet corn [(VQC=1C)]
- ☐ _____
- ☐ _____
- ☐ _____

SPICES USED:
- ☐ Garlic Powder [(CM=2t+2t) (TL=1)]
- ☐ Garlic Salt [(CFT=2t)]
- ☐ Onion Powder [(CM=1t+2t) (TL=1) (CFT=.5t)]
- ☐ Dried Minced Onion Flakes [(CM=2T+4T)]
- ☐ Ground Mustard [(CM=1t) (CFT=1t)]
- ☐ Ground Clove [(CM=.5t)]
- ☐ Ground Allspice [(CM=.5t)]
- ☐ Ground Ginger [(CFT=1t)]
- ☐ Celery Seeds [(CFT=1t)]
- ☐ Ground Thyme [(CFT=.5t+pinch)]
- ☐ Rubbed Sage [(CFT=1t)]
- ☐ Dried Oregano [(CFT=.5t)]
- ☐ Dried Basil [(CFT=.5t)]
- ☐ Sweet Paprika [(CM=.5t) (CFT=1T)]
- ☐ Smoked Paprika [(TL=1t)]
- ☐ Chili Powder [(CM=.5t)]
- ☐ Red Pepper Flake [(CM=.5t)]
- ☐ Cumin [(TL=.5t)]
- ☐ Coriander [(TL=.25t)]
- ☐ Cinnamon Stick [(VQC=1)]
- ☐ Cayenne Pepper [(TL=.25t) (VQC=.25t)]
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ White Pepper [(CFT=.5t)]
- ☐ _____

MISC:
- ☐ Panko Bread Crumbs [(CM=.5C) (CFT=1C)]
- ☐ Raspberry Jam [(CM=2T)]
- ☐ _____
- ☐ _____

Recipe Code: Vegan Cocktail Meatballs with Healthy Chili Sauce (CM), Vegan Two Lentil Potato Stew (TL), Asian Noodle Salad (AN), Chicken Fried Tofu (CFT), One-Pot Vegan Quinoa Chili (VQC)