



BREAKFAST IDEAS

- Savory Chickpea Flour Pancakes
- Plant Yogurt w/ Fruits & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Mediterranean Quinoa Salad Wrap
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Collard Greens Salad Bowl
- Mulligatawny Soup
- Mashed Potato Patties w/ Aioli
- Eggplant Meatballs & Spaghetti
- Korean BBQ Cauliflower
- _____
- _____

SNACKS IDEAS

- No Bake Banana Bread Bliss Balls
- 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:
celery stalks [(SCG=2) (AVS=1)]
- This allows you to easily and quickly subtract any recipe you choose not to make.



PRODUCE

- Garlic [(CG=1t) (KB=1T)]
- Medium yellow onion [(MS=.5C)]
- Green onions [(KB=4)]
- Carrots [(MS=1C)]
- Bunch collard greens [(CG=1)]
- Baby spinach [(KB=3C)]
- Lemon [(MPP=1T)]
- Potatoes [(GC, MPP)]
- Chives [(MPP=.25C)]
- Medium head cauliflower [(KB=1)]
- Fresh ginger [(KB=1T) (MS=2t)]
- Eggplants [(EM=2)]
- Apples [(MS=2)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Sesame seeds [(KB=2T)]
- Ground Flax Meal [(EM=2T)]
- Sunflower seeds (raw) [(MPP=.5c)]
- Apple Cider Vinegar [(CG=4T) (MPP=1T+1t)]
- White Wine Vinegar [(CG=1T)]
- 14 oz. can fire roasted petite diced tomatoes [(CG=1)]
- 15.5 oz. can black-eyed peas [(CG=1)]
- Dried Red Lentils [(MS=1lb.)]
- Nutritional Yeast [(MPP=2T) (EM=2T)]
- Cornmeal [(MPP=3T)]
- Quick Oats [(EM=2C)]
- Brown Rice Flour [(EM=.5C)]
- Minimally Processed Sugar [(MS=2t)]
- Rice of choice [(KB)]
- Organic Cornstarch [(KB=1T)]
- Tahini [(CG=1t)]
- Organic Maple Syrup [(CG=.5t) (MPP=.5t) (KB=3T)]
- Pasta of choice [(EM)]
- Tamari [(KB=.33C)]
- ✓ **San J Gluten Free Low Sodium**
- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(MPP=.5C)]
- Miso [(CG=2t) (MPP=2t)]
- ✓ **Miso Master Organic Mellow White**
- Lite Coconut Milk [(MS=1C)]
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN

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

SPICES USED:

- Garlic Powder [(CG=1t) (MPP=.5t+1t)]
- Onion Powder [(CG=.5t) (MPP=.5t)]
- Dried Minced Onion Flakes [(MPP=1t)]
- Dried Dill Weed [(CG=pinch)]
- Dried Oregano [(CG=.5t)]
- Dried Thyme Leaves [(CG=.5t)]
- Sweet Paprika [(MPP=.5t+.25t)]
- Red Pepper Flake [(CG=.5t) (CB=.25t)]
- Whole Cumin Seeds [(MS=1t)]
- Fenugreek Seeds [(MS=1t)]
- Fenugreek Leaves [(MS=1t)]
- Cinnamon [(MS=1t)]
- Cardamom [(MS=.25t)]
- Turmeric [(MS=.25t)]
- Coriander [(MS=2t)]
- Asafetida [(MS=pinch)]
- Marjoram [(EM=2T)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- _____
- _____
- _____
- _____

Recipe Code: Collard Greens and Black-Eyed Pea Salad (CG), Healthy Mashed Potato Patties with Tangy Garlic Aioli (MPP), Vegan Korean BBQ Cauliflower (KB), Mulligatawny Soup (MS), Easy Vegan Eggplant Meatballs Spaghetti (EM)