



BREAKFAST IDEAS

- Hash Brown Potato Bowl
- Oatmeal w/ Cinnamon & Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Salad w/ Creamy Dill Dressing
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Tuscan Kale Potato Bean Soup
- Chickpea Pesto Pasta Salad
- Asian Rainbow Chickpea Tacos
- Artichoke Arugula Soup
- Healthy Mexican Fried Rice
- _____
- _____

SNACKS IDEAS

- Asian Mango Slaw
- Fruit 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 [(TK=1T) (AT=1T) (MR=1T) (PP=2cl.) (AA=3cl.)]
- Medium Red Onions [(MR=.5)]
- Small Red Onions [(AT=1)]
- Medium Yellow Onions [(TK=1)]
- Medium White Onions [(AA=1C)]
- Green Onions [(AT) (MR)]
- Red Bell Peppers [(AT=1) (MR=1.5C)]
- Jalapeno Peppers [(MR=1)]
- Carrots [(TK=1) (AT=1)]
- Celery Ribs [(TK=2)]
- Cherry Tomatoes [(PP=1C)]
- Red Potatoes [(TK=3C)]
- Salad Greens of Choice [(PP=1C)]
- Baby Arugula [(AA=1.5C)]
- Tuscan Kale [(TK=3C) (AT=3C)]
- Avocados [(MR)]
- Cilantro [(AT) (MR)]
- Fresh Basil [(PP=1.5C)]
- Lemons [(TK=1) (PP=2T) (AA=2T)]
- Limes [(AT=1t) (MR)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Pine Nuts [(PP=2T)]
- Sundried Tomatoes (No Oil) [(TK=4 halves)]
- Toasted Sesame Seeds [(AT=1T)]
- Rice Vinegar [(AT=1T)]
- Mirin [(AT=1T)]
- Chili Garlic Sauce [(AT=.5t)]
- Salsa (of choice) [(MR=1C)]
- 15 oz. can Cannellini Beans [(TK=1)]
- 15 oz. can Chickpeas [(AT=1) (PP=1C)]
- 15 oz. can Black Beans [(MR=1)]
- 6 oz. can Artichoke Hearts [(AA=1)]
- Nutritional Yeast [(TK=1T) (AA=3T)]
- Cornstarch [(AT=1t)]
- Tahini [(PP=2t)]
- Organic Maple Syrup [(AT=2T)]
- Pasta of choice [(PP=.5C)]
- Rice of choice [(MR)]
- Tamari [(AT=3T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(TK=1.5) (AA=1.5)]
- Pacific Organic Vegetable Stock – Low Sodium**

- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Yogurt [(PP=.25C)]
- Unsweetened Plain Plant Milk [(PP=.25C)]
- Miso [(TK=1T)]
 - Miso Master Organic Mellow White**
- Soft Tofu [(AA=1C)]
- _____
- _____
- _____

FROZEN

- Frozen Corn [(MR=.75C)]
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(TK=2t)]
- Bay Leaves [(TK=1)]
- Chili Powder [(MR=.5t)]
- Chipotle Powder [(MR=.25t)]
- Coriander [(MR=.25t)]
- Cumin [(TK=pinch) (MR=.25t)]
- Garlic Powder [(TK=1t) (AT=.5t) (MR=.5t)]
- Marjoram [(TK=pinch)]
- Ground Mustard [(PP=1t)]
- Onion Powder [(TK=1t) (AT=.5t) (MR=.5t)]
- Dried Minced Onion Flakes [(TK=2T)]
- Dried Oregano [(TK=1t) (PP=.25t)]
- Smoked Paprika [(MR=.5t)]
- Red Pepper Flake [(TK=.25t)]
- Dried Rosemary [(TK=pinch)]
- Dried Thyme Leaves [(TK=1t)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- Tortilla/Taco Shells (of choice) [(AT)]
- _____
- _____
- _____
- _____

Recipe Code: Tuscan Kale Potato Bean Soup (TK), Asian Rainbow Chickpea Tacos (AT), Healthy Mexican Fried Rice (MR), Zero Oil Chickpeas Pesto Pasta Salad (PP), 3-in-1-Artichoke Arugula Soup (AA)