



MENU



BREAKFAST IDEAS

- Vegan Cornmeal Pancakes
- Potatoes w/ guac, beans, corn
- _____
- _____
- _____

LUNCH IDEAS

- Asparagus Potato Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Three Bean Chili
- Creamy Toscana Gnocchi
- Vegan Taco Dressing Salad
- Veggie Loaf
- Veggie Rice Casserole
- _____
- _____

SNACKS IDEAS

- Jalapeno Cornmeal Drop Biscuits
- 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 [(B=2T) (G=1T) (V=1T)]
- Medium Red Onions [(B=1C) (D)]
- Medium Yellow Onions [(G=1) (V=1) (R=1)]
- Green Bell Peppers [(B=.5)]
- Red Bell Peppers [(B=.5) (D)]
- Jalapeno Peppers [(B=2) (D)]
- Carrots [(D) (R=2)]
- Celery [(V=2ribs) (R=2ribs)]
- Small Tomatoes [(D)]
- Salad Greens of Choice [(D)]
- Tuscan Kale or Kale [(G=4C)]
- Cilantro [(D)]
- Flat Leaf Parsley [(G)]
- Broccoli [(R=3heads)]
- Limes [(D=2t)]
- 10 oz. White Button Mushrooms [(R=1)]
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Medjool Dates [(V=4)]
- Cashews (raw) [(D=.33C) (R=.25C)]
- Walnuts [(V=.5C)]
- White Distilled Vinegar [(D=2T+1t)]
- Apple Cider Vinegar [(B=2t)]
- Tomato Paste [(B=2T) (G=1T) (V=4T)]
- 8 oz. can Tomato Sauce [(B=1) (G=1)]
- 14.5 oz. can Petite Diced Tomatoes [(B=1)]
- 15.5 oz. can Kidney Beans [(B=1)]
- 15.5 oz. can Chickpeas [(G=1) (V=2)]
- 15.5 oz. can Black Beans [(D)]
- 15.5 oz. can Navy Beans [(G=1)]
- Dried Brown or Green Lentils [(B=.5C)]
- Masa Harina [(B=2T-optional)]
- WFPB Flour of choice [(G=1T) (R=1T)]
- Sundried Tomato Halves (oil free) [(G=6)]
- Liquid Smoke [(B=.5t)]
- Organic Maple Syrup [(D=.5t)]
- Unsalted Almond Butter [(V=2T)]
- 12 oz. to 16 oz. Gnocchi/Pasta of choice [(G=1)]
- Pasta of choice [(D)]
- Rice of choice [(R=1C)]
- Ketchup or BBQ Sauce [(V=.5C)]
- Panko Bread Crumbs [(V=1.5C)]
- Tamari [(G=1T) (V=3T)]
- ✓ **San J Gluten Free Low Sodium**

- Vegetable broth [(B=.5C) (G=1C) (R=1C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(G=.5C) (D=2T) (R=.25C)]
- Miso [(G=1T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- Frozen Corn [(D)]
- Frozen Peas [(V=.5C)]
- _____
- _____
- _____

SPICES USED:

- Bay Leaves [(G=1)]
- Chili Powder [(B=2T+.5t) (D=.75t)]
- Chipotle Powder [(B=.25t)]
- Coriander [(B=.25t)]
- Cumin [(B=1.5t) (D=.25t)]
- Garlic Powder [(B=1t) (G=1t) (D=1t) (V=1.5t) (R=.5t)]
- Onion Powder [(B=1t) (G=1t) (D=1t) (V=1t) (R=.5t)]
- Dried Minced Onion Flakes [(B=2T) (G=2T) (V=2T)]
- Dried Parsley [(V=2t)]
- Ground Sage [(R=pinch)]
- Smoked Paprika [(B=1t) (D=.75t)]
- Sweet Paprika [(B=.25t) (V=.25t)]
- Red Pepper Flake [(G) (V=.25t)]
- Ground Rosemary [(G=pinch)]
- Freeze Dried Shallots [(R=1T-optional)]
- Dried Thyme Leaves [(G=1.25t) (R=.25t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Tortilla Chips (of choice) [(D)]
- _____
- _____

Recipe Code: Vegan Three Bean Chili (B), Creamy Toscana Gnocchi (G), Vegan Creamy Taco Dressing Salad (D), Veggie Loaf (V), Veggie Rice Casserole (R)