



MENU



BREAKFAST IDEAS

- Carrot Cake Oatmeal Bake
- Plant Yogurt, Oats, Fruits & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Deli-Style Mushroom Salad Wrap
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Avocado Pesto Bowl/Pasta
- Cuban Black Beans
- Vegan Smoky Southwestern Mac
- Lemon Hemp Dressing Bowl
- Mexican Fried Rice
- _____
- _____

SNACKS IDEAS

- Apple Crisp
- 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=1T) (S=1T) (M=1T)]
- Medium Red Onions [(M=1)]
- Large Yellow Onions [(B=1C) (S=1C)]
- Green Onions [(M)]
- Green Bell Peppers [(B=.5C)]
- Red Bell Peppers [(B=.5C) (M=1.5C)]
- Jalapeno Peppers [(B=1) (S) (M=1)]
- Carrots [(L)]
- Medium Tomatoes [(A)]
- Grape Tomatoes [(L)]
- Mini-English Cucumbers [(L)]
- Salad Greens of Choice [(L)]
- Small Zucchini [(A=1)]
- Avocados [(A=2) (S) (M)]
- Cilantro [(B) (S) (M)]
- Fresh Basil [(A=1C)]
- Broccoli [(L)]
- Lemons [(A=2T) (L=4T)]
- Limes [(M)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Hemp Seeds [(L=4T)]
- Cashews (raw) [(A=2T) (S=.33C)]
- Slivered Almonds [(A=2T)]
- Pine Nuts [(A=1T)]
- Sherry Vinegar [(B=2t)]
- Tomato Paste [(B=1T)]
- 14.5 oz. can Petite Diced Tomatoes [(B=1)]
- 15 oz. can Black Beans [(B=2) (S=1C) (M=1)]
- 1 – 15 oz. can Brined Artichoke Hearts [(A=1)]
- Roasted Red Peppers [(S=.5C)]
- Nutritional Yeast [(S=3T)]
- Salsa [(M=1C)]
- Organic Maple Syrup [(L=.5t)]
- Elbow Macaroni [(S=10 oz.)]
- Rice of choice [(B) (M)]
- Quinoa [(A) (L)]
- Hot Sauce [(M)]
- Frank's RedHot Sauce**
- Vegetable broth [(B=.5C) (S=.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(S=1C)]
- Miso [(S=1T) (L=2t)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- Frozen Corn [(S=1C) (M=.75C)]
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(L=1t)]
- Bay Leaves [(B=2)]
- Cayenne Pepper [(B=.25t)]
- Chili Powder [(S=1t) (M=.5t)]
- Chipotle Powder [(S=.25t) (M=.25t)]
- Coriander [(S=pinch) (M=.25t)]
- Cumin [(B=.5t) (S=pinch) (M=.25t)]
- Garlic Powder [(A=.5t) (B=1t) (S=1t) (L=1t) (M=.5t)]
- Ground Mustard [(S=.5t)]
- Onion Powder [(A=.25t) (B=1t) (S=1t) (L=1t) (M=.5t)]
- Dried Minced Onions [(B=2T) (S=1T)]
- Dried Oregano [(B=.25t)]
- Smoked Paprika [(B=.5t) (S=1t) (M=.5t)]
- Sweet Paprika [(S=1t)]
- Sea Salt
- Black Pepper
- _____
- _____

MISC:

- Tortilla Chips (of choice) [(S)]
- White Wine [(S=.5C)]
- _____
- _____
- _____
- _____

Recipe Code: Vegan Oil Free Avocado Pesto Bowl (A), Cuban Black Beans (B), Vegan Smoky Southwestern Mac (S), No Oil Lemon Hemp Dressing Bowl (L), Healthy Mexican Fried Rice (M)