



# MENU



## BREAKFAST IDEAS

- Cornmeal Biscuit
- Sweet Potato Toast w/ PB&J
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Avocado Chickpea Salad Wrap
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Creamy Garlic Pasta
- Country Lima Bean Fried Rice
- Hungarian Cabbage & Noodles
- Vegan Thousand Island Bowl
- Lemony Red Lentil Soup
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Quinoa Flatbread
- 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 [(L=1T+1t) (H=2T) (R=2T)]
- Small Red Onions [(D)]
- Large Yellow Onions [(L=1C) (H=1C) (R=1)]
- Red Bell Peppers [(H=.25C) (R=1)]
- Carrots [(L=.5C) (H=.5C) (D) (R=2)]
- Celery Ribs [(R=3)]
- Grape Tomatoes [(D) (R)]
- Salad Greens of Choice [(D)]
- Baby Spinach [(R=6C)]
- Purple Cabbage [(D)]
- Green Cabbage [(H=5C)]
- Small Zucchini [(L=1C)]
- Small Squash [(L=1C)]
- Cilantro [(R)]
- Flat Leaf Parsley [(G) (L) (H)]
- Lemons [(R=2T)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**DRY/CANNED/JARRED GOODS**

- Cashews (raw) [(D=.5C)]
- Hemp Seeds [(D)]
- Pepitas [(D)]
- Almond Butter [(G=2T) (H=1T)]
- Apple Cider Vinegar [(L=1t) (H=1t) (D=2T)]
- Tomato Paste [(D=1t)]
- 14.5 oz. can Petite Diced Tomatoes [(R=1)]
- 15 oz. can Chickpeas [(D)]
- 15 oz. can Navy Beans [(H=.75C)]
- 15 oz. can Lima Beans [(L=2)]
- Dried Split Red Lentils [(R=1.5C)]
- Nutritional Yeast [(G=2T) (H=2T)]
- Liquid Smoke [(L=1t)]
- Flour (of choice) [(G=1T)]
- Organic Maple Syrup [(L=.5t) (D=1T+1t)]
- Pasta of choice [(G=12 oz.) (H=6 oz.)]
- Rice of choice [(L=2C)]
- Pickles [(D=2T)]
- Hot Sauce [(L=.5t)]
- Frank's RedHot Sauce**
- Tamari [(L=3T) (H=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(G=.25C) (L=2T) (H=1C) (R=2C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**REFRIGERATED**

- Miso [(D=2t) (R=1T)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**FROZEN**

- Frozen Peas [(G=1.25C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**SPICES USED:**

- Bay Leaves [(H=1) (R=1)]
- Cayenne Pepper [(R=pinch)]
- Chili Powder [(D=pinch)]
- Coriander [(R=1t)]
- Cumin [(R=1.5t)]
- Garlic Powder [(G=1t) (L=1t) (H=1t) (D=1t) (R=1t)]
- Dried Ground Mustard Powder [(D=.25t)]
- Onion Powder [(G=1t) (L=1t) (H=1t) (D=1t) (R=1t)]
- Dried Minced Onions [(G=1T) (H=2T) (R=2T)]
- Dried Oregano [(H=.5t)]
- Dried Parsley [(G=.5t) (L=.5t)]
- Smoked Paprika [(H=.25t) (R=.5t)]
- Sweet Paprika [(H=.75t) (D=1t) (R=1t)]
- Red Pepper Flake [(G) (R)]
- Dried Crushed Rosemary [(L=pinch)]
- Dried Crushed Thyme Leaves [(L=.5t) (H=.5t)]
- Turmeric [(R)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_
- \_\_\_\_\_

**MISC:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Creamy Garlic Pasta (G), Country Lima Bean Fried Rice (L), Vegan Hungarian Cabbage and Noodles (H), Vegan Thousand Island Dressing Bowl (D), Lemony Red Lentil Spinach Stew (R)