



MENU



BREAKFAST IDEAS

- Blueberry Breakfast Cookies
- Sweet Potato Toast w/ Guac
- _____
- _____
- _____

LUNCH IDEAS

- Oil Free Garlic Sticky Noodles
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Middle Eastern Rice and Lentils
- Oil Free Asian Sweet Chili Bowl
- Spicy Black Bean Potato Stew
- Creamy Toscana Gnocchi
- Roasted Red Pepper Veggie Loaves
- _____
- _____

SNACKS IDEAS

- Fudgy Chocolate Banana Bread
- 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 [(M=2T) (A=2t) (B=1T) (G=1T)]
- Ginger [(A=2t)]
- Medium Red Onions [(B=1)]
- Small Red Onions [(M=2T)]
- Large Yellow Onions [(M=1C)]
- Medium Yellow Onions [(G=1)]
- Green Onions [(A)]
- Red Bell Peppers [(M=.5C) (A) (B=1)]
- Jalapeno Peppers [(B=2)]
- Carrots [(A)]
- Celery Ribs [(R=2)]
- Large Tomatoes [(M=1C)]
- Cherry Tomatoes [(B)]
- Red Skinned Baby Potatoes [(B=3C)]
- Mini-English Cucumbers [(M=2) (A)]
- Salad Greens of Choice [(A)]
- Kale (Tuscan or of choice) [(G=4C)]
- Sugar Snap Peas [(A)]
- Avocados [(B)]
- Cilantro [(B)]
- Flat Leaf Parsley [(M=1T) (G)]
- Lemons [(M=1T+2t)]
- Limes [(A=2t)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Medjool Dates [(R=4)]
- Toasted Sesame Seeds [(A)]
- Sundried Tomato Halves [(G=6) (R=4)]
- Roasted Red Peppers [(R=.5C)]
- Red Wine Vinegar [(M=1T)]
- Rice Vinegar [(A=2T)]
- Tomato Paste [(M=1T) (G=1T) (R=2T)]
- 8 oz. can Tomato Sauce [(G=1)]
- 14.5 oz. can Fire Roasted Petite Diced Tomatoes [(B=1)]
- 15.5 oz. can Navy Beans [(G=1)]
- 15 oz. can Cannellini Beans [(R=1)]
- 15.5 oz. can Chickpeas [(A=1) (G=1) (R=1)]
- 15.5 oz. can Black Beans [(B=2)]
- 14 oz. can Brown Lentils [(M=1)]
- Flour (of choice) [(B=2T) (G=1T)]
- Unsweetened cocoa powder [(B=1t)]
- Tahini [(M=1t) (A=2t)]
- Molasses [(A=1t)]
- Organic Maple Syrup [(A=2T)]

- Gnocchi [(G=16 oz.)]
- Brown Rice [(M=1.25C)]
- Panko Crumbs [(R=1C)]
- Ketchup [(R)]
- Tamari [(A=2T) (G=1T) (R=2T)]
- ✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(M=1.25C) (B=1C) (G=1C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(G=.5C)]
- Unsweetened Plain Plant Yogurt [(M=.33C)]
- Miso [(A=2t) (G=1T) (R=1T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____

FROZEN

- _____
- _____
- _____

SPICES USED:

- Bay Leaves [(G=1)]
- Cayenne Pepper [(M=pinch) (B=.25t)]
- Chili Powder [(B=1T)]
- Chipotle Powder [(B=.25t)]
- Cinnamon [(M=.5t)]
- Coriander [(M=.5t)]
- Cumin [(M=2.25t) (B=.25t)]
- Garlic Powder [(M=2.5t) (B=1t) (G=1t) (R=1t)]
- Italian Seasoning [(R=2t)]
- Harissa Seasoning [(M=1t)]
- Onion Powder [(M=2t) (B=1t) (G=1t) (R=1t)]
- Dried Minced Onions [(M=2T) (B=2T) (G=2T) (R=2T)]
- Dried Parsley [(R=1t)]
- Smoked Paprika [(M=.5t)]
- Sweet Paprika [(R=.5t)]
- Red Pepper Flake [(A=pinch)]
- Ground Rosemary [(G=pinch)]
- Dried Crushed Thyme Leaves [(G=1.25t)]
- Sea Salt
- Black Pepper

MISC:

- Tortilla (of choice) [(B)]
- _____
- _____

Recipe Code: Middle Eastern Rice and Lentils (M), Oil Free Asian Sweet Chili Dressing Bowl (A), Spicy Black Bean and Potato Stew (B), Creamy Toscana Gnocchi (G), Mini Roasted Red Pepper Veggie Loaves (R)