



BREAKFAST IDEAS

- Vegan Cauliflower Migas
- Oatmeal w/ Fruits & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Tuscan Bean Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Thai Curry Chickpea Noodle Soup
- Italian Braised Green Beans & Potatoes
- Vegan Cauliflower Au Gratin
- Pickled Jalapeno Cilantro Bowl
- Vegan Tandoori Soy Curls
- _____
- _____

SNACKS IDEAS

- Cornmeal Crusted Baked Potatoes
- 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 [(N=2T) (B=2T) (A=2T) (S=1T)]
- Ginger [(N=2t) (S=1.5t)]
- Large Yellow Onions [(N=1C) (B=1) (S=1C)]
- Medium Yellow Onions [(A=.5C)]
- Red Bell Peppers [(B=1)]
- Carrots [(S=.5C)]
- Grape Tomatoes [(J)]
- Russet Potatoes [(B=2 lbs.) (P=4 Lg.) (S=2C)]
- Salad Greens of Choice [(J)]
- Cilantro [(J=.5C) (S)]
- Flat Leaf Parsley [(B)]
- Green Beans [(B=16 oz.)]
- Cauliflower Florets [(A=2 lbs.)]
- Limes [(N=2t) (J=1T)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(J=.33C)]
- Unsalted Almond Butter [(A=1T)]
- Sun-Dried Tomato Halves (No Oil) [(B=6)]
- Red Wine Vinegar [(B=2t)]
- Tomato Paste [(S=2T)]
- Tomato Sauce [(B=8 oz.)]
- 14.5 oz. can Petite Diced Tomatoes [(B=1) (S=1)]
- 15.5 oz. can Chickpeas [(N=1)]
- 15 oz. can Black Beans [(J)]
- Pickled Jalapenos [(J=.5C)]
- Roasted Red Peppers [(J)]
- Light Unsweetened Coconut Milk [(N=1C+2T)]
- Nutritional Yeast [(B=2T) (A=.25C)]
- Flour (of choice) [(A=2T)]
- Medium Grind Cornmeal [(P=1T)]
- Baking Soda [(B=.25t)]
- Tahini [(P=2T)]
- Brown Rice Maifun Noodles [(N=4 oz.)]
- Panko Crumbs [(A=3T)]
- Red Curry Paste [(N=3T)]
- Thai Kitchen Red Curry Paste**
- Tamari [(N=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(N=2C) (B=1C) (A=.66C) (S=1C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- Chili Garlic Sauce [(N)]
- Huy Fong Chili Garlic Sauce**
- _____
- _____

- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(A=.25C)]
- Unsweetened Plain Plant Yogurt [(J=3T) (S=2T)]
- Miso [(N=2t)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- 16 oz. package Stir Fry Vegetables [(N=1)]
- Corn [(J)]
- Peas [(S=.5C)]
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(B=1t)]
- Bay Leaves [(B=2)]
- Cayenne Pepper [(S=.25t)]
- Cumin [(S=.5t)]
- Dried Crushed Fennel [(B=pinch)]
- Curry Powder [(S=1t)]
- Garlic Powder [(N=1t) (B=1t) (A=1.5t+1t) (J=.25t) (P=1t) (S=1t)]
- Onion Powder [(N=1t) (B=1t) (A=1.5t+1t) (J=.25t) (P=1t) (S=1t)]
- Dried Minced Onions [(N=2T) (B=2T) (A=2T) (S=2T)]
- Dried Oregano [(B=1.5t)]
- Dried Parsley [(A=1t)]
- Smoked Paprika [(S=1t)]
- Sweet Paprika [(A=.5t) (P=1t)]
- Red Pepper Flake [(B)]
- Dried Ground Rosemary [(B=.25t)]
- Tandoori Spice [(S=1T)]
- Dried Crushed Thyme Leaves [(B=1t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Soy Curls – Internet Purchase [(S=1.5C)]
- _____
- _____
- _____

Recipe Code: Thai Chickpea Noodle Soup (N), Italian Braised Green Beans & Potatoes (B), Vegan Cauliflower Au Gratin (A), Pickled Jalapeno Cilantro Sauce Bowl (J), Cornmeal Crusted Baked Potatoes (P), Vegan Tandoori Soy Curls (S)