



## BREAKFAST IDEAS

- Hearty Blueberry Oat Pancakes
- Oatmeal w/ Fruit, Nuts, & Seeds
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Vegan Curried Chickpea Salad
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Easy Calico Bean Soup
- Baked Buffalo Cauliflower Wings
- Vegan Cordon Bleu Pasta Skillet
- Citrus Hemp Dressing Bowl
- Vegan "Cheeseburger" Potatoes
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Vegan 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 [(E=2) (P=2T)]
- Small Red Onions [(H)]
- Medium Yellow Onions [(E=1) (P=1C)]
- Carrots [(E=1) (H)]
- Celery [(E=2)]
- Russet Potatoes [(S=2.5 lbs.)]
- Cremini Mushrooms [(P=4 oz.)]
- Salad Greens of Choice [(H)]
- Cauliflower [(B=1 lb.)]
- Lemons [(H=1t)]
- Oranges [(H=.33C+1T)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**DRY/CANNED/JARRED GOODS**

- Hemp Seeds [(H=.25C)]
- Cashews (raw) [(P=.25C)]
- Sliced Almonds [(H)]
- Jar Mandarin Oranges [(H)]
- Dried Cranberries [(H)]
- Almond Butter [(B=1T) (S=1T)]
- Rice Vinegar [(H=1T)]
- Distilled White Vinegar [(S=1T)]
- Ume Plum Vinegar [(P=1.5t)]
- Apple Cider Vinegar [(E=2t)]
- Liquid Smoke [(E=.5t)]
- Tomato Paste [(E=2T) (S=2t)]
- Ketchup [(S=2T)]
- 15 oz. can Cannellini Beans [(E=1)]
- 16 oz. can Kidney Beans [(E=1)]
- 14 oz. can Brown Lentils [(S=1)]
- 15 oz. can Black Beans [(E=1)]
- 15 oz. can Pinto Beans [(E=1)]
- Nutritional Yeast [(B=3T) (P=.25C) (S=2T+.25C)]
- Brown Rice Flour [(B=.33C+1T)]
- Flour (of choice) [(E=1T) (P=2T) (S=2T)]
- Tahini [(B=2T) (H=1T)]
- Dijon Mustard [(P=2t) (H=1T)]
- Pure Maple Syrup [(E=2t) (H=1t)]
- Molasses [(E=.5t)]
- Panko Crumbs [(B=.75C)]
- Pasta of choice [(P=12 oz.)]
- Hot Sauce [(B=.25C) (S=.25C)]

- Frank's RedHot Sauce**
- Tamari [(E=1t) (P=1T) (S=1T)]
- San J Gluten Free Low Sodium**
- Vegetable broth [(E=1C) (B=1T) (P=1C) (S=1C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**REFRIGERATED**

- Unsweetened Plain Plant Milk [(B=.5C+1T) (P=.33C) (S=.25C)]
- Miso [(H=1T)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**FROZEN**

- Frozen Peas [(P=.66C)]
- Frozen Mixed Vegetables [(S=1.5C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**SPICES USED:**

- Bay Leaves [(E=1)]
- Cayenne Pepper [(B=pinch)]
- Chili Powder [(E=.5t)]
- Cumin [(E=.25t)]
- Garlic Powder [(E=1t) (B=2.25t) (P=1t) (H+1t) (S=.5t+1t)]
- Dried Ground Mustard Powder [(E=.25t) (P=1t) (H=1T) (S=1t)]
- Onion Powder [(E=1t) (B=2.25t) (P=1t) (H=1t) (S=.5t+1t+2T)]
- Dried Minced Onions [(E=2T) (P=2T)]
- Smoked Paprika [(E=.5t) (P=pinch)]
- Sweet Paprika [(B=.5t+.5t) (S=.25t)]
- Dried Thyme Leaves [(P=.5t)]
- Sea Salt
- Black Pepper
- \_\_\_\_\_

**MISC:**

- Internet Purchase: Soy Curls (optional) [(P=1C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Easy Calico Bean Soup (E), Baked Buffalo Cauliflower Wings (B), Vegan "Chicken" Cordon Bleu Pasta Skillet (P), Citrus Hemp Dressing Bowl (H), Vegan "Cheeseburger" Scalloped Potatoes (S)