



BREAKFAST IDEAS

- Carrot Cake Oatmeal Bake
- Baked Sweet Potato w/ PB & Banana
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Pho
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Asian Cabbage Noodle Stir Fry
- Vegan Wild Rice Stuffing
- Rustic Braised Vegetable Stew
- Oil Free Lebanese Fattoush
- Vegan Taco Pie
- _____
- _____

SNACKS IDEAS

- Garlic Smashed Baby Potatoes
- Fruit and Veggies
- _____
- _____
- _____

Notes:





Whole Food Plant Based INSTRUCTIONS



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 [(A=2T) (R=2T)]
- Ginger [(A=1T)]
- Small Red Onions [(F=.25C)]
- Large Yellow Onions [(R=2)]
- Medium Yellow Onions [(A=1C) (W=1C) (P=.5C)]
- Green Onions [(A)]
- Red Bell Peppers [(A=1) (P=1)]
- Jalapeno Peppers [(P=1)]
- Carrots [(A=1) (R=3)]
- Celery Ribs [(W=2) (R=2)]
- Cherry/Grape Tomatoes [(F=1C) (P)]
- Yukon Gold Potatoes [(R=1.5 lbs.)]
- Mini-English Cucumbers [(F=3)]
- Radishes [(F=4)]
- Romaine Heads [(F=3)]
- Iceberg Lettuce [(P)]
- Green Cabbage [(A=5C)]
- Acorn Squash [(W=2 to 3)]
- Button Mushrooms [(R=8 oz.)]
- Cremini Mushrooms [(R=8 oz.)]
- Avocados [(P)]
- Cilantro [(P)]
- Flat Leaf Parsley [(F=1C)]
- Fresh Mint [(F=.5C)]
- Lemons [(F=1T)]
- Limes [(P=3t)]
- _____
- _____

DRY/CANNED/JARRED GOODS

- Quinoa [(F=1C)]
- Toasted Sesame Seeds [(A)]
- Unsalted Almond Butter [(W=1T)]
- Dried Cranberries [(W=.5C)]
- Pecans [(W=.33C)]
- Cashews (raw) [(P=.5C)]
- Red Wine Vinegar [(F=.25C)]
- Rice Vinegar [(A=1T)]
- Dijon Mustard [(P=1t)]
- Distilled White Vinegar [(P=2T+1t)]
- Apple Cider Vinegar [(R=2T)]
- Tomato Paste [(A=1T) (R=1T) (P=1t)]
- 28 oz. can Crushed Tomatoes [(R=1)]
- 16 oz. can Kidney Beans [(R=1)]
- 15 oz. can Chickpeas [(F=1)]
- 15 oz. can Black Beans [(P=1)]
- 15 oz. can Pinto Beans [(P=1)]
- Nutritional Yeast [(P=3T)]
- Molasses [(R=1t)]

- Baking Powder [(F=1t)]
- Thin Spaghetti of choice [(A=8 oz.)]
- Cornstarch [(A=1t) (R=2T)]
- Baking Soda [(R=.25t)]
- Tahini [(A=1T) (F=1T)]
- Pure Maple Syrup [(A=.25C) (R=1t) (F=2t)]
- Pomegranate Molasses [(F=1t optional)]
- Brown Rice [(W=1C)]
- Wild Rice [(W=.5C)]
- Chili Garlic Sauce [(A=.5t)]
 - ✓ **Huy Fong Chili Garlic Sauce**
- Tamari [(A=.25C) (W=1T) (R=1T)]
 - ✓ **San J Gluten Free Low Sodium**
- Vegetable broth [(W=1.5C) (R=1C) (P=.25C)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**

REFRIGERATED

- Unsweetened Plain Plant Milk [(F=.5C)]
- Miso [(F=2t)]
 - ✓ **Miso Master Organic Mellow White**
- _____
- _____

FROZEN

- _____
- _____

SPICES USED:

- Bay Leaves [(R=2)]
- Cayenne Pepper [(R=pinch)]
- Chili Powder [(P=1.5t)]
- Chipotle Powder [(P=.5t)]
- Cumin [(P=.5t)]
- Garlic Powder [(A=1t) (W=1t) (R=1t) (F=1t) (P=2t)]
- Onion Powder [(A=1t) (W=1t) (R=1t) (F=1t) (P=2t)]
- Dried Minced Onions [(A=2T) (W=2T) (R=2T) (F=1t) (P=2T)]
- Smoked Paprika [(R=.25t) (P=.175)]
- Sweet Paprika [(R=2t) (P=.5t)]
- Red Pepper Flake [(A)]
- Dried Rosemary Powder [(W=.25t)]
- Dried Rubbed Sage [(W=.5t)]
- Sumac [(F=.5t)]
- Dried Thyme Leaves [(W=.5t) (R=1t)]
- Zaatar [(F=quinoa flatbread)]
- Sea Salt
- Black Pepper

MISC:

- 6-inch Tortillas (of choice) [(P=8)]

Recipe Code: Asian Cabbage Noodle Stir Fry (A), Vegan Wild Rice Stuffing (W), Rustic Braised Vegetable Stew (R), Oil Free Lebanese Fattoush (F), Vegan Taco Pie (P),