



BREAKFAST IDEAS

- Vegan Cauliflower Migas
- Oatmeal w/ Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Creamy Toscana Gnocchi
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Chiles Rellenos Mac & Cheese
- Spicy Pinto Bean Soup
- Vegan Pizza Burger
- Ranch Green Beans & Potatoes
- Sundried Tomato Dressing Bowl
- _____
- _____

SNACKS IDEAS

- Simple Vegan Parm Zucchini
- 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 [(R=1T) (P=2T) (B=1T) (G=2T)]
- Medium Yellow Onions [(R=1) (P=1C) (B) (G=1C)]
- Green Bell Peppers [(B=.5)]
- Red Bell Peppers [(P=1) (B=.5)]
- Jalapeno Peppers [(R=1) (P=1)]
- Carrots [(S)]
- Small Tomatoes [(S)]
- Baby Red-Skinned Potatoes [(G= 1lb.)]
- Green Beans [(G= 1lb.)]
- Mini-English Cucumbers [(S)]
- Radishes [(S)]
- Salad Greens of Choice [(S)]
- Avocados [(P)]
- Cilantro [(R) (P)]
- Mushrooms [(B)]
- Flat Leaf Parsley [(G)]
- Zucchini Zoodles [(S)]
- Limes [(R=2t) (P=1T)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Flax Meal [(B=2T)]
- Cashews (raw) [(R=.33C)]
- Hemp Seeds [(S)]
- Pumpkin Seeds [(S)]
- Oil-Free Sundried Tomato Halves [(S=6)]
- Red Wine Vinegar [(S=.5C)]
- Distilled White Vinegar [(R=1T)]
- Apple Cider Vinegar [(G=2t)]
- Dijon Mustard [(G=3t)]
- Tomato Paste [(B=1T)]
- 14.5 oz. can Petite Diced Tomatoes [(P=1)]
- 15 oz. can Cannellini Beans [(G=1)]
- 16 oz. can Kidney Beans [(S=1)]
- 15 oz. can Chickpeas [(B=1)]
- 15 oz. can Black Beans [(R=1)]
- 15 oz. can Pinto Beans [(P=2)]
- 4 oz. can Chopped Mild Green Chiles [(R=2)]
- Canned/Jarred Artichokes [(S)]
- 15 oz. can Corn [(R=1)]
- Nutritional Yeast [(R=.25C) (B=2T) (G=2T)]
- Baking Soda [(P=.25t) (G=.25t)]
- Tahini [(B=2T) (S=2t)]
- Pure Maple Syrup [(S=1T)]
- Elbow Macaroni [(R= 16 oz.)]
- Pasta of choice [(S)]

- Rice of choice [(P)]
- Brown Rice [(B=.5C)]
- Panko Crumbs [(B=.5C)]
- Pizza Sauce (of choice) [(B)]
- Tamari [(P=1T) (B=1T)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(R=1C) (P=1C) (G=1C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____

REFRIGERATED

- Miso [(S=1T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____

SPICES USED:

- Dried Basil [(B=1.5t)]
- Bay Leaves [(P=2)]
- Chili Powder [(R=.25t) (P=3t)]
- Chipotle Powder [(P=.25t)]
- Dried Chives [(G=1t)]
- Cumin [(R=pinch) (P=1.5t)]
- Dried Dill Weed [(G=.25t)]
- Dried Fennel [(B=.25t)]
- Garlic Powder [(R=1t) (P=1t) (B=1t) (G=1.5t) (S=1t)]
- Italian Seasoning [(B=1t) (S=1T)]
- Dried Ground Mustard Powder [(G=.5t)]
- Onion Powder [(R=1t) (P=1t) (B=1t) (G=1t)]
- Dried Minced Onions [(R=2T) (P=2T) (B=2T) (G=2T) (S=1T)]
- Dried Oregano [(P=1t) (B=1.5t)]
- Dried Parsley [(B=1t) (G=1t)]
- Smoked Paprika [(R=.25t) (P=1.5t) (B=.25t) (G=.25t)]
- Red Pepper Flake [(B=.25t)]
- Dried Crushed Thyme Leaves [(B=.5t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Tortilla Chips (of choice) [(R) (P)]
- Burger Buns (of choice) [(B)]
- _____

Recipe Code: Vegan Chiles Rellenos Mac and Cheese (R), Spicy Pinto Bean Soup (P), Vegan Pizza Burger (B), Country Ranch Green Beans and Potatoes (G), Italian Sundried Tomato Dressing Bowl (S)