



BREAKFAST IDEAS

- Vegan Zucchini Muffins
- Plant Yogurt w/ Fruit and Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Sundried Tomato Basil Sauce
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Spaghetti alla Siciliana
- Vegan Creole Beans
- Vegan Italian Parmesan Cabbage
- Jalapeño Bean Sandwich Spread
- Southwestern Dressing Bowl
- _____
- _____

SNACKS IDEAS

- Seasoned Roasted Baby 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 [(S=2T) (B=2T)]
- Small Red Onions [(D)]
- Medium Yellow Onions [(S=1) (B=1)]
- Green Bell Peppers [(B=1)]
- Jalapeno Peppers [(D)]
- Celery Ribs [(B=2)]
- Large Tomatoes [(J)]
- Grape Tomatoes [(D)]
- Radishes [(D)]
- Salad Greens of Choice [(J) (D)]
- Purple Cabbage [(D)]
- Medium Green Cabbage [(W=1)]
- Avocados [(D)]
- Flat Leaf Parsley [(W)]
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REFRIGERATED

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FROZEN

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SPICES USED:

- Bay Leaves [(B=2)]
- Cayenne Pepper [(B=pinch)]
- Chili Powder [(B=1t) (J=.75t)]
- Garlic Powder [(S=1t) (B=1t) (W=.5t) (J=.5t) (D=1t) (X=.25t)]
- Dried Ground Mustard Powder [(B=1t)]
- Onion Powder [(S=1t) (B=1t) (W=.5t) (J=.5t) (D=.5t)]
- Dried Minced Onions [(S=2T) (B=2T)]
- Dried Oregano [(B=1t)]
- Dried Parsley [(S=2t) (B=1t)]
- Smoked Paprika [(B=1.25t) (J=1.25t) (D=1t)]
- Sweet Paprika [(B=1t)]
- Red Pepper Flake [(S=.25t)]
- Dried Crushed Thyme Leaves [(B=1t)]
- Sea Salt
- Black Pepper
- _____

DRY/CANNED/JARRED GOODS

- Sun-dried Tomato Halved [(S=6)]
- Cashews (raw) [(D=.5C) (X=.25C)]
- Blanched Slivered Almonds [(X=.25C)]
- Pimento Stuffed Green Olives [(S=.5C)]
- Distilled White Vinegar [(B=1T) (J=1t)]
- Apple Cider Vinegar [(D=2t)]
- Tamed/Mild Pickled Jalapeno Peppers [(J=.5C)]
- Tomato Paste [(B=1t)]
- 16 oz. can Kidney Beans [(B=2)]
- 15 oz. can Pinto Beans [(J=1)]
- 15 oz. can Corn [(J=1C) (D)]
- Nutritional Yeast [(S=4T) (X=2T)]
- Tahini [(W=1t) (D=2T)]
- Liquid Smoke [(B=.5t)]
- Dijon Mustard [(W=1t)]
- Pure Maple Syrup [(B=1t) (J=1t) (D=.5t)]
- Spaghetti [(S=10oz.)]
- Rice of choice [(B)]
- Tamari [(S=1T) (B=2T) (W=1T)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(S=.75C) (B=1.5C) (W=1C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____

MISC:

- Vegan Parmesan Cheese [(W=.25C)]
- Bread (of choice) [(J)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Recipe Code: Spaghetti alla Siciliana (S), Vegan Creole Beans (B), Vegan Italian Parmesan Cabbage Wedges (W), Jalapeno Bean Sandwich Spread (J), No Oil Southwestern Dressing Bowl (D), Vegan Parmesan Cheese (X)