



BREAKFAST IDEAS

- Chocolate PB Banana Wraps
- Baked Sweet Potato w/ Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Easy Vegetable Korma
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Pineapple Teriyaki Skillet
- Vegan Rice-A-Roni
- Easy Zucchini Pasta
- Tomato Lentil Soup
- Maple Mustard Vinaigrette Bowl
- _____
- _____

SNACKS IDEAS

- Apple Walnut Strudel Roll-Ups
- 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 [(P=1T) (Z=1T) (L=2T)]
- Ginger [(P=1T)]
- Small Red Onions [(G=1)]
- Medium Yellow Onions [(L=1)]
- Red Bell Peppers [(P=1)]
- Carrots [(L=2)]
- Celery Ribs [(L=2)]
- Baby Beet Greens [(G=3C)]
- Baby Spinach [(G=3C)]
- Baby Arugula [(G=2C)]
- Medium Zucchini [(Z=2)]
- Flat Leaf Parsley [(Z)]
- Fuji Apple [(G=1)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Toasted Sesame Seeds [(P)]
- Pecans [(G=.25C)]
- Dried Cranberries [(G=.25C)]
- Rice Vinegar [(P=2t)]
- Distilled White Vinegar [(L=1t)]
- Apple Cider Vinegar [(G=4T)]
- 14.5 oz. can Petite Diced Tomatoes [(L=1)]
- Dry Small Brown Lentils [(L=1C)]
- Palouse Small Brown Lentils**
- Nutritional Yeast [(R=2T) (Z=.25C)]
- Cornstarch [(P=1T+1t)]
- Tahini [(G=1t)]
- Pure Maple Syrup [(P=3T) (G=1T)]
- Pasta of choice [(Z= 12 oz.)]
- Rice of choice [(P) (R=1C)]
- Vermicelli Pasta [(R=.75C)]
- Chili Garlic Sauce [(P=1t)]
- Hoy Fong Chili Garlic Sauce**
- Tamari [(P=.25C) (R=1T) (Z=1t)]
- San J Gluten Free Reduced Sodium**
- Vegetable broth [(P=2T) (R=.75C) (Z=1C) (L=2.5C)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

- Miso [(G=2t)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____
- _____

FROZEN

- 12.6 oz. bag Frozen Baby Broccoli Florets [(P=1)]
- Frozen Baby Sweet Peas [(R=1C)]
- _____
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(Z=.5t)]
- Celery Seeds [(R=pinch)]
- Chili Powder [(L=1T)]
- Chipotle Powder [(L=pinch)]
- Garlic Powder [(P=1t) (R=1.5t) (Z=1) (L=1t) (G=.5t)]
- Italian Seasoning [(Z=.25t)]
- Dried Ground Mustard Powder [(G=1t)]
- Onion Powder [(P=1t) (R=1.5t) (Z=1t) (L=1t) (G=.5t)]
- Dried Minced Onions [(R=2T) (Z=2T) (L=2T) (G=1t)]
- Dried Oregano [(Z=1t) (L=1.5t)]
- Dried Parsley [(R=.5t) (Z=1t)]
- Dried Rosemary Powder [(R=.25t)]
- Smoked Paprika [(L=1.75t)]
- Sweet Paprika [(R=.25t)]
- Red Pepper Flake [(P=pinch) (Z=.25t)]
- Dried Rubbed Sage [(R=.5t)]
- Dried Crushed Thyme Leaves [(R=.5t)]
- Turmeric [(R=pinch)]
- Sea Salt
- Black Pepper

MISC:

- 20 oz. can Pineapple Chunks [(P=1)]
- Pimento Stuffed Green Olives [(L=1C)]
- _____
- _____
- _____

Recipe Code: Pineapple Teriyaki Skillet (P), Vegan Rice-A-Roni (R), Easy Zucchini Pasta (Z), Tomato Lentil Soup with Pimento Olives (L), Beet Greens and Apple Salad with Maple Mustard Vinaigrette (G)