



BREAKFAST IDEAS

- Sweet Potato Breakfast Bowl
- Oatmeal w/ Fruit & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Soy Curl Fajitas
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Moroccan Harira
- Creamy Herb Potato and Kale Stew
- Vegan Caprese Mac and Cheese
- Vegan Buffalo Quinoa Salad
- Vegan Yum Yum Dressing Bowl
- _____
- _____

SNACKS IDEAS

- Maple Pecan Butternut Squash
- 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 [(M=2T) (H=1T)]
- Medium Red Onions [(B=1)]
- Medium Yellow Onions [(M=1) (H=1)]
- Carrots [(B=.5C) (Y)]
- Celery Ribs [(B=.5C)]
- Grape Tomatoes [(B=25)]
- Russet Potatoes [(H=2 lbs.) (X=3C)]
- Sweet Potatoes [(Y)]
- Mushrooms [(H= 8 oz.)]
- Mini-English Cucumbers [(Y)]
- Radishes [(Y)]
- Salad Greens of Choice [(Y)]
- Baby Spinach [(M=4C)]
- Baby Kale [(H=2C)]
- Avocados [(B=1) (Y)]
- Cilantro [(M)]
- Lemons [(M=1T)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Quinoa [(B=1C)]
- Cashews (raw) [(H=.5C) (X= 2T) (Y=.33C)]
- Rice Vinegar [(Y=1T)]
- Distilled White Vinegar [(H=.5t) (X=2T) (B=1t)]
- Ume Plum Vinegar [(X=1.5t) (Y=2t)]
- Tomato Paste [(Y=1.5t)]
- 14.5 oz. can Petite Diced Tomatoes [(M=1) (X=1)]
- 15 oz. can Chickpeas [(M=1)]
- Dry Split Red Lentils [(M=.33C)]
- Nutritional Yeast [(X=.33C+1T) (B=1T)]
- Tahini [(B=2T)]
- Dijon Mustard [(X=.5t)]
- Pure Maple Syrup [(B=1t) (Y=1t)]
- Rice of choice [(Y)]
- Panko Crumbs [(X=.5C)]
- Thin Spaghetti Pasta [(M=5 oz.)]
- 14 oz. Elbow Macaroni [(X=1)]
- Hot Sauce [(B=.25C)]
- Frank's RedHot Sauce**
- Tamari [(H=2T) (X=2T)]
- San J Gluten Free Reduced Sodium**
- Vegetable broth [(M=1.5C) (H=2C) (X=.5C) (B=1T)]
- Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(H=.5C) (X=.25C)]
- Miso [(M=1T) (Y=1t)]
- Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- Frozen Pearl Onions [(M=.75C)]
- 14.4 oz. bag Frozen Cauliflower Florets [(X=1)]
- Frozen Edamame [(Y)]
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(X=1.5t)]
- Bay Leaves [(H=1)]
- Cayenne Pepper [(H=pinch) (X=pinch)]
- Celery Seeds [(B=pinch)]
- Cinnamon [(M=.5t)]
- Coriander [(M=.5t)]
- Dried Dill Weed [(B=.25t)]
- Garlic Powder [(M=1t) (H=1.5t) (X=2t) (B=.25t) (Y=.5t)]
- Italian Seasoning [(X=.5t)]
- Dried Ground Mustard Powder [(H=1t) (X=1t)]
- Onion Powder [(M=1t) (H=1t) (X=1.5t) (B=.25t) (Y=.5t)]
- Dried Minced Onions [(M=2T) (H=2T) (X=2T)]
- Dried Parsley [(H=.5t)]
- Ground Rosemary [(H=.25t)]
- Sweet Paprika [(M=.25t) (H=.25t) (X=.25t) (Y=.25t)]
- Dried Rubbed Sage [(H=.25t)]
- Dried Crushed Thyme Leaves [(H=.5t)]
- Turmeric [(M=.5t) (H=pinch)]
- Black Pepper

MISC:

- Nori-Sea Weed Paper (optional) [(Y)]
- _____
- _____
- _____

Recipe Code: Moroccan Harira (M), Creamy Herb Potato and Kale Stew (H), Vegan Caprese Mac and Cheese (X), Vegan Buffalo Quinoa Salad (B), Vegan Yum Yum Dressing Bowl (Y)