



MENU



BREAKFAST IDEAS

- Blueberry Almond Breakfast Cookies
- Baked Sweet Potato with Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Vegan Pickle Macaroni Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Vegan Cheeseburger Mac & Cheese
- Chickpea Kale Tomato Soup
- Vegan Caesar Chopped Salad
- Oil Free Potato Enchilada Casserole
- Italian Green Beans & Potatoes
- _____
- _____

SNACKS IDEAS

- The Best Hummus
- 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 [(K=2T) (E=1T) (B=2T)]
- Large Yellow Onions [(B=1)]
- Medium Yellow Onions [(K=1) (E=1)]
- Green Onions [(S=6)]
- Red Bell Peppers [(M=.5) (B=1)]
- Carrots [(M=1)]
- Green Beans [(B=16 oz.)]
- Small Tomatoes [(S=1C)]
- Mushrooms [(K=8oz.)]
- Russet Potatoes [(M=1C) (E=2C) (B=2 lbs.)]
- Baby Kale [(K=2C)]
- Kale [(S=3C)]
- Brussel Sprouts [(S=3C)]
- Avocados [(E)]
- Lemons [(S=.25C)]
- Limes [(E=1t)]
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(M=.5C) (E=.5C)]
- Red Wine Vinegar [(B=2t)]
- Distilled White Vinegar [(M=2T) (E=1T)]
- Apple Cider Vinegar [(M=3T)]
- Dill Pickle Slices [(M=10 slices)]
- Capers [(S=2T)]
- Dijon Mustard [(S=1t)]
- 10 oz. can Mild Enchilada Sauce [(E=2)]
- Tomato Paste [(M=2T+2t)]
- Tomato Sauce [(K=8oz.) (B=8oz.)]
- 14.5 oz. can Petite Diced Tomatoes [(K=1) (B=1)]
- 15 oz. can Chickpeas [(K=1)]
- 15 oz. can Black Beans [(E=1)]
- Nutritional Yeast [(K=.25C) (S=1t) (E=1T) (B=2T)]
- Baking Soda [(K=.25t) (B=.25t)]
- Tahini [(M=2T)]
- Pure Maple Syrup [(M=2T) (K=1t)]
- Elbow Macaroni [(M=12 oz.)]
- Orzo Pasta [(K=.33C)]
- Panko Crumbs (or bread crumbs) [(M=.25C)]
- Hot Sauce [(M=.25t)]
 - ✓ **Frank's RedHot Sauce**
- Tamari [(M=2T) (K=2T)]
 - ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(M=.25C) (K=2C) (E=1T) (B=1C)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**

- _____
- _____
- _____
- _____
- _____
- _____

REFRIGERATED

- Hummus [(S=.5C)]
- _____
- _____
- _____
- _____
- _____

FROZEN

- 14.4 oz. bag Frozen Cauliflower Florets [(M=1)]
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(K=.75t) (B=1t)]
- Bay Leaves [(B=2)]
- Cayenne Pepper [(K=pinch)]
- Chili Powder [(K=.25t) (E=.5t)]
- Chipotle Powder [(E=.25t)]
- Cumin [(K=.5t) (E=pinch)]
- Crushed Fennel [(B=pinch-optional)]
- Garlic Powder [(M=1.5t) (K=1t) (S=.5t) (E=.5t) (B=1t)]
- Italian Seasoning [(K=.5t)]
- Dried Ground Mustard Powder [(M=1t)]
- Onion Powder [(M=1.5t) (K=1t) (E=.5t) (B=1t)]
- Dried Minced Onions [(K=2T) (B=2T)]
- Dried Oregano [(K=.5t) (B=1.5t)]
- Dried Parsley [(K=1t)]
- Dried Rosemary [(B=.25t)]
- Smoked Paprika [(M=.25t) (E=.5t)]
- Sweet Paprika [(M=.25t)]
- Dried Crushed Thyme Leaves [(B=1t)]
- Sea Salt
- Black Pepper

MISC:

- Corn Tortillas (of choice) [(E=16 sm or 8 lg)]
- Oil-Free Sun-Dried Tomato Halves [(B=6)]
- _____
- _____
- _____

Recipe Code: Vegan Cheeseburger Mac & Cheese (M), Chickpea Kale Tomato Soup (K), Vegan Caesar Chopped Salad (S), Oil Free Potato Enchilada Casserole (E), Italian Braised Green Beans and Potatoes (B)