



## BREAKFAST IDEAS

- Avocado Spinach Mushroom Toast
- Plant Yogurt w/ Oats and Fruit
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Vegan Baked Black Bean Quesadillas
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Vegan Spinach Mac & Cheese
- Tuscan Mushroom Stew
- Parsley Macaroni Chopped Salad
- Potato Vindaloo
- Vegan Arroz con Pollo
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Chocolate Chip Deep Dish Cookies
- 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=1T) (V=2T) (A=2T)]
- Ginger [(V=2t)]
- Medium Yellow Onions [(S=1) (V=1C) (A=1)]
- Green Onions [(P=6)]
- Green Bell Peppers [(A=1)]
- Red Bell Peppers [(A=1)]
- Carrots [(P=1)]
- Grape Tomatoes [(P=1C)]
- Red Skinned Potatoes [(V=8 oz.)]
- Sweet Potatoes [(V=8 oz.)]
- Mushrooms [(S=10 oz.)]
- Mini-English Cucumbers [(P=2)]
- Baby Spinach [(M=1C) (P=1C)]
- Baby Kale [(S=3C) (P=1C)]
- Green Cabbage [(P=2C)]
- Flat Leaf Parsley [(P=1C) (A)]
- Lemons [(P=3T) (A)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**DRY/CANNED/JARRED GOODS**

- Cashews (raw) [(M=.5C)]
- Red Wine Vinegar [(V=2T)]
- Distilled White Vinegar [(M=1T+1t) (P=1T)]
- Ume Plum Vinegar [(M=1t)]
- Capers [(A=2T)]
- Tomato Paste [(V=2T) (A=2T)]
- 14.5 oz. can Petite Diced Tomatoes [(S=1) (V=1)]
- 15 oz. can Chickpeas [(V=1)]
- 15 oz. can Great Northern Beans [(S=1)]
- Nutritional Yeast [(M=.25C) (P=2t)]
- Baking Soda [(S=.25t) (V=.25t)]
- Pasta of choice [(S)]
- Elbow Macaroni [(M=16 oz.) (P=2C)]
- Brown Rice [(A=1C)]
- Tamari [(S=1T) (A=1T)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(M=.5C) (S=.5C) (V=1C) (A=1.5C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

\_\_\_\_\_

**REFRIGERATED**

- Hummus [(P=.5C)]
- Miso [(V=1T) (A=1T)]
- ✓ **Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**FROZEN**

- 14.4 oz bag Frozen Cauliflower Florets [(M=1)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**SPICES USED:**

- Dried Basil [(S=1t)]
- Bay Leaves [(V=1)]
- Cayenne Pepper [(V=.25t) (A=.25t)]
- Cinnamon [(V=.5t)]
- Cumin [(V=2.5t) (A=1t)]
- Garlic Powder [(M=1t) (S=1t) (P=.5t) (V=1t) (A=1t)]
- Dried Ground Mustard Powder [(M=.5t) (V=.5t)]
- Onion Powder [(M=1t) (S=1t) (V=1t) (A=1t)]
- Dried Minced Onions [(M=2T) (S=2T) (V=2T) (A=2T)]
- Dried Oregano [(A=1t)]
- Smoked Paprika [(A=2t)]
- Sweet Paprika [(V=1t)]
- Dried Crushed Rosemary [(S=Pinch)]
- Dried Crushed Thyme Leaves [(S=.75t)]
- Turmeric [(V=Pinch)]
- Sea Salt
- Black Pepper

**MISC:**

- Soy Curls (internet purchase) [(A=1.5C)]
- ✓ **Butler Soy Curls**
- White Wine [(S=.5C)]
- Oil-Free Green Olives [(A=8)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Vegan Spinach Mac and Cheese (M), Tuscan Mushroom Stew (S), Oil Free Parsley Macaroni Chopped Salad (P), Potato Vindaloo (V), Vegan Arroz con Pollo (A)