



## BREAKFAST IDEAS

- Vegan Italian Frittata
- Oatmeal w/ Fruit & Seeds
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Vegan Buffalo Bean Wraps
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Miso Soup w/ Cabbage & Noodles
- Vegan Enchilada Mac and Cheese
- Vegan Lentil Shepherds Pie
- Italian Hummus Dressing Bowl
- Vegan Samosa Rolls
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Vegan Chocolate Molten Lava Soufflé
- 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=1T) (R=1T)]
- ☐ Ginger [(M=1t) (R=1t)]
- ☐ Medium Red Onions [(R=.75C)]
- ☐ Medium Yellow Onions [(M=.5C)]
- ☐ Green Onions [(M=3)]
- ☐ Red Bell Peppers [(M=.25C)]
- ☐ Jalapeno Peppers [(R=1T)]
- ☐ Carrots [(M=.5C) (H)]
- ☐ Grape Tomatoes [(H)]
- ☐ Russet Potatoes [(GM=5 lbs.) (R=2.25C)]
- ☐ Sweet Potatoes [(R=1C)]
- ☐ Mini-English Cucumbers [(H)]
- ☐ Salad Greens of Choice [(H)]
- ☐ Napa Cabbage [(M=3C)]
- ☐ Avocados [(E)]
- ☐ Cilantro [(R)]
- ☐ Flat Leaf Parsley [(H)]
- ☐ Lemons [(H=1T)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## DRY/CANNED/JARRED GOODS

- ☐ Dried Shiitake Mushrooms [(M=.5 oz. )]
- ☐ Cashews (raw) [(E=.5C)]
- ☐ Sunflower Seeds [(H)]
- ☐ Red Wine Vinegar [(H=.25C)]
- ☐ Rice Vinegar [(M=1T) (SS=3T)]
- ☐ Distilled White Vinegar [(E=2T)]
- ☐ Tomato Paste [(S=2T)]
- ☐ 10 oz. can Mild Enchilada Sauce [(E=2)]
- ☐ Dry Small Brown Lentils [(S=1C)]
  - ✓ **Palouse Small Brown Lentils**
- ☐ 15 oz. can Chickpeas [(H) (R=1)]
- ☐ 15 oz. can Black Beans [(E=1)]
- ☐ 4 oz. can Mild Green Chilies [(E=1)]
- ☐ Nutritional Yeast [(E=3T) (H=1T)]
- ☐ Cornmeal [(E=2T)]
- ☐ Cornstarch or Arrowroot Powder [(S=1T) (SS=.5t)]
- ☐ Pure Maple Syrup [(M=1t) (H=2t) (SS=4T)]
- ☐ Molasses [(SS=.5t)]
- ☐ Pasta of choice [(H)]
- ☐ Noodles of choice [(M=12 oz.)]
- ☐ Elbow Macaroni [(E=12oz.)]
- ☐ Tamari [(M=2T) (SS=1t)]
  - ✓ **San J Gluten Free Reduced Sodium**
- ☐ Vegetable broth [(M=2C) (S=2C)]
  - ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- ☐ \_\_\_\_\_

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## REFRIGERATED

- ☐ Unsweetened Plain Plant Milk [(GM=1.75C)]
- ☐ Miso [(M=.25C)]
  - ✓ **Miso Master Organic Mellow White**
- ☐ Hummus [(H=.5C)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## FROZEN

- ☐ 2 lbs. Frozen Mixed Vegetables [(S=1)]
- ☐ Frozen Peas [(R=.75C)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## SPICES USED:

- ☐ Dried Basil [(H=1t)]
- ☐ Bay Leaves [(S=2)]
- ☐ Cayenne Pepper [(R=Pinch) (SS=.25t)]
- ☐ Chili Powder [(E=1t)]
- ☐ Cinnamon [(R=Pinch)]
- ☐ Cumin [(R=1t) (SS=.25t)]
- ☐ Curry Powder [(R=1t)]
- ☐ Ground Fennel Seeds [(SS=.25t)]
- ☐ Garam Masala [(R=.5t)]
- ☐ Garlic Powder [(M=1t) (S=2t) (GM=1.5t) (H=1t) (R=.5t)]
- ☐ Ground Ginger Powder [(SS=.25t)]
- ☐ Italian Seasoning [(H=.25t)]
- ☐ Dried Ground Mustard Powder [(S=1t)]
- ☐ Onion Powder [(M=1t) (S=2t) (GM=.5t) (H=1t) (R=.5t)]
- ☐ Dried Minced Onions [(M=1T) (S=2T)]
- ☐ Dried Oregano [(H=1t)]
- ☐ Red Pepper Flake [(M=Pinch)]
- ☐ Dried Ground Rosemary [(S=Pinch)]
- ☐ Dried Rubbed Sage [(S=.5t)]
- ☐ Dried Crushed Thyme Leaves [(S=1t)]
- ☐ Turmeric [(R=.25t)]
- ☐ Sea Salt
- ☐ Black Pepper

## MISC:

- ☐ Tortilla Chips (of choice) [(E=.25C)]
- ☐ Almond Flour Tortillas (or tortillas of choice) [(R=8)]
  - ✓ **Seite Almond Flour Tortillas**
- ☐ Vegan Red Wine [(S=.5C)]
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_