



BREAKFAST IDEAS

- Vegan Zucchini Muffins
- Oatmeal w/ Nut Butter, Fruit & Seeds
- _____
- _____
- _____

LUNCH IDEAS

- Pimento Olive Chickpea Salad
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Healthy Lentil Macaroni Soup
- Vegan Parmesan Orzo and Peas
- Maple Mustard Brussel Sprouts Salad
- Vegan "Crab" Cakes
- Vegan Paella
- _____
- _____

SNACKS IDEAS

- Strawberry Rhubarb Crumble
- 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) (A=3)]
- Medium Yellow Onions [(M=1) (A=1)]
- Green Onions [(B=6) (X=.25C)]
- Red Bell Peppers [(A=1)]
- Orange Bell peppers [(A=1)]
- Carrots [(M=2)]
- Celery Ribs [(M=2)]
- Medium Tomatoes [(A=3)]
- Kale [(B=2C)]
- Brussel Sprouts [(B=3C)]
- Flat Leaf Parsley [(P)]
- Gala Apples [(B=1)]
- Lemons [(B=.25C+1T) (X=2t)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashew Butter [(P=2T)]
- Distilled White Vinegar [(M=1t)]
- Apple Cider Vinegar [(X=1t)]
- 14.5 oz. can Petite Diced Tomatoes [(M=1)]
- Dry Small Brown Lentils [(M=1C)]
- ✓ **Palouse Small Brown Lentils**
- 15 oz. can Chickpeas [(X=7oz.)]
- 14 oz. can Hearts of Palm [(X=1)]
- 15 oz. can Great Northern Beans [(A=1)]
- Nutritional Yeast [(P=2T)]
- Baking Soda [(M=Pinch)]
- Dijon Mustard [(B=1T+1t) (X=.25t)]
- Pure Maple Syrup [(B=1T+1t)]
- Elbow Macaroni [(M=.66C)]
- Orzo Pasta [(P=12 oz.)]
- Panko Bread Crumbs [(X=.5C)]
- Brown Rice [(A=2C)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(M=3C) (P=.75C) (A=1C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____
- _____

REFRIGERATED

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

FROZEN

- Frozen Peas [(P=1.5C)]
- _____
- _____
- _____
- _____
- _____

SPICES USED:

- Dried Basil [(P=.5t)]
- Bay Leaves [(M=1)]
- Garlic Powder [(M=1.5t) (P=1t) (B=.5t) (X=.5t)]
- Italian Seasoning [(P=.25t)]
- Onion Powder [(M=1t) (P=1t) (X=.25t)]
- Dried Minced Onions [(M=2T)]
- Old Bay Seasoning [(X=.5t)]
- Dried Parsley [(M=1t) (X=1.5t) (A=1T)]
- Dried Ground Rosemary [(M=.25t)]
- Saffron [(A=pinch)]
- Smoked Paprika [(A=1.5t)]
- Sweet Paprika [(X=.25t)]
- Dried Rubbed Sage [(M=.25t)]
- Dried Crushed Thyme Leaves [(M=.5t)]
- Sea Salt
- Black Pepper
- _____

MISC:

- Vegan Parmesan Cheese [(P=.25C)]
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Recipe Code: Healthy Lentil Macaroni Soup (M), Vegan Creamy Parmesan Orzo and Peas (P), Maple Mustard Brussel Sprouts Salad (B), Vegan "Crab" Cakes (X), Vegan Paella (A)