



MENU



BREAKFAST IDEAS

- Cornmeal Biscuit
- Plant Yogurt, Oats, and Fruit
- _____
- _____
- _____

LUNCH IDEAS

- Asian Green Beans and Mushrooms
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Thai Red Curry Ramen Noodle Soup
- Vegan Creamy Sauerkraut Pasta Skillet
- Moroccan Mushroom Tagine
- Vegan Chickpea Nuggets
- Vegan Chipotle Ranch Dressing Bowl
- _____
- _____

SNACKS IDEAS

- Vegan Chocolate Chip Cookie Bars
- 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 [(R=1T) (S=1T)]
- Small Red Onions [(D)]
- Medium Yellow Onions [(R=1) (S=1)]
- Green Onions [(R)]
- Red Bell Peppers [(R=1) (S=1) (M=1) (D)]
- Carrots [(R=1) (S=.75C)]
- Grape Tomatoes [(D)]
- Large Sweet Potatoes [(M=2)]
- Salad Greens of Choice [(D)]
- Green Cabbage [(R=1C)]
- Avocados [(D)]
- Cilantro [(R) (M) (D)]
- Flat Leaf Parsley [(S)]
- Mushrooms [(M=10 oz.)]
- Limes [(R=1T)]
- Lemons [(F=1t)]
- _____
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(S=.25C) (D=.33C) (F=.33C)]
- Flax Meal [(X=2T)]
- Distilled White Vinegar [(D=2T) (F=1t)]
- 15 oz. can Chickpeas [(M=1) (X=1)]
- 15 oz. can Black Beans [(D)]
- 15 oz. can Corn [(D)]
- Nutritional Yeast [(S=2T) (X=1T+1t)]
- Cornmeal [(X=1T)]
- Rolled Oats [(X=.5C)]
- Tahini [(M=1.5t) (X=1T)]
- Dijon Mustard [(S=.25t) (F=.5t)]
- Pure Maple Syrup [(D=1.5t) (F=1T)]
- Yellow Mustard [(F=2T+2t)]
- Pasta of choice [(S=12 oz.)]
- Panko Crumbs [(X=.5C+2T+1t)]
- Ramen Noodles [(R=12 oz.)]
- 13.5 oz. can light coconut milk [(R=1)]
- 14 oz. can Sauerkraut
- Horseradish [(S=2t)]
- Barbecue Sauce [(F=2T)]
- Red Curry Paste [(R=2T)]
 - ✓ **Thai Kitchen Red Curry Paste**
- Tamari [(R=1T) (M=1T) (X=1T)]
 - ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(R=2C) (S=.5C) (M=.25C+2T) (X=3T) (F=1T)]
 - ✓ **Pacific Organic Vegetable Stock – Low Sodium**

- _____
- _____
- _____
- _____

REFRIGERATED

- Unsweetened Plain Plant Milk [(S=.5C)]
- Unsweetened Plain Plant Yogurt [(D=2T)]
- Miso [(D=1t)]
 - ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____
- _____

FROZEN

- 14.4 oz. package Frozen Cauliflower Florets [(S=1)]
- Frozen Pearl Onions [(M= 7 oz.)]
- Frozen Peas [(M=.75C)]
- _____
- _____
- _____
- _____

SPICES USED:

- Cayenne Pepper [(R=pinch) (X=pinch)]
- Chili Powder [(M=1t)]
- Chipotle Powder [(D=pinch)]
- Coriander [(M=pinch)]
- Cumin [(M=1t)]
- Curry Powder [(R=1t)]
- Dried Dill Weed [(D=pinch)]
- Garlic Powder [(R=1t) (S=1.5t) (M=.5t) (X=1.5t) (D=1t)]
- Dried Ground Mustard Powder [(D=.5t)]
- Onion Powder [(R=1t) (S=1t) (M=.5t) (X=1.5t) (D=1t)]
- Dried Minced Onions [(R=2T) (S=2T) (M=1T) (X=2T)]
- Dried Parsley [(D=.5t)]
- Smoked Paprika [(M=.5t) (X=.5t+pinch) (D=pinch) (F=.25t)]
- Sweet Paprika [(S=1t) (X=1t)]
- Turmeric [(R=.25t)]
- Sea Salt
- Black Pepper

MISC:

- Tortilla Chips (of choice) [(D)]
- _____
- _____

Recipe Code: Thai Red Curry Ramen Noodle Soup (R), Vegan Creamy Sauerkraut Pasta Skillet (S), Vegan Chickpea Nuggets (X), Vegan Chick-Fil-A-Sauce (F), Moroccan Mushroom Tagine (M), Vegan Chipotle Ranch Dressing Bowl (D)