



## 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.





# MENU



## BREAKFAST IDEAS

- Carrot Cake Oatmeal Bake
- Roasted Veggie Wrap
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Pineapple Fried Rice
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Farmers Market Italian Orzo Salad
- Zucchini Chickpea Curry
- Baked Buffalo Cauliflower Wings
- Oil Free Potato Enchilada Casserole
- Vegan BBQ "Chicken" Sandwich
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Instant Pot Brown Rice Puddingt
- Fruit and Veggies
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Notes:



**PRODUCE**

- Garlic [(Z=1T) (E=1T)]
- Ginger [(Z=2t)]
- Medium Red Onions [(F=1)]
- Medium Yellow Onions [(Z=1C) (E=1)]
- Red Bell Peppers [(F=1)]
- Grape Tomatoes [(F=30)]
- Russet Potatoes [(E=2C)]
- Cauliflower Florets [(B= 1lb)]
- Medium Zucchini [(F=4C) (Z=4C)]
- Avocados [(E)]
- Cilantro [(Z) (E)]
- Flat Leaf Parsley [(F)]
- Limes [(E=1t)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**DRY/CANNED/JARRED GOODS**

- Cashews (raw) [(E=.5C)]
- Pine Nuts [(F=.66C)]
- Unsalted Almond Butter [(B=1T)]
- Flax Seed Meal [(P=2T)]
- Red Wine Vinegar [(F=.25C+1T)]
- Distilled White Vinegar [(E=1T)]
- Apple Cider Vinegar [(F=2T)]
- Tomato Paste [(Z=8oz.)]
- 15 oz. can Chickpeas [(Z=1)]
- 15 oz. can Black Beans [(E=1)]
- Nutritional Yeast [(F=1T) (B=2T) (S=1T) (E=1T) (P=1T+1t)]
- Cornmeal [(P=2t)]
- Brown Rice Flour [(B=.33C+1T)]
- Tahini [(F=2T) (S=2T) (P=1T)]
- Pure Maple Syrup [(F=3t)]
- Lite Coconut Milk (can) [(Z=1C)]
- Maple Sugar (or Coconut Sugar) [(P=2t)]
- Brown Rice [(P=.5C)]
- Rolled Oats [(P=.5C)]
- Panko Bread Crumbs [(B=.75C) (P=2T)]
- Orzo Pasta [(F=16 oz.)]
- Hot Sauce [(S=.25C)]
- Frank's RedHot Sauce**
- Tamari [(P=1T)]
- San J Gluten Free Reduced Sodium**
- Vegetable broth [(S=1T) (E=1T) (P=1T)]
- Pacific Organic Vegetable Stock – Low Sodium**

**REFRIGERATED**

- Unsweetened Plain Plant Milk [(B=.5 + 1T)]
- Vegan Sour Cream [(E)]
- Miso [(F=1T)]
- Miso Master Organic Mellow White**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**FROZEN**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**SPICES USED:**

- Dried Basil [(F=1t)]
- Cayenne Pepper [(P=pinch)]
- Chili Powder [(E=.5t) (P=1t)]
- Chipotle Powder [(E=.25t)]
- Cumin [(Z=1t) (E=pinch)]
- Curry Powder [(Z=2t)]
- Garam Masala [(Z=.25t)]
- Garlic Powder [(F=1t) (B=2t) (S=.25t) (E=.5t) (P=1.5t)]
- Italian Seasoning [(F=.25t)]
- Dried Ground Mustard Powder [(P=1t)]
- Onion Powder [(F=1t) (B=2t) (S=.25t) (E=.5t) (P=1.5t)]
- Dried Minced Onions [(P=2T)]
- Dried Oregano [(F=1.25t)]
- Smoked Paprika [(E=.5t) (P=1t+pinch)]
- Sweet Paprika [(B=1t) (P=1.5t)]
- Sea Salt
- Black Pepper

**MISC:**

- Corn Tortillas [(E=8 to 16\*)]
- BBQ Sauce [(P)]
- Burger Buns (of choice) [(P)]
- Enchilada Sauce [(E=2C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Oil Free Farmers Market Italian Orzo Salad (F), Zucchini Chickpea Curry (Z), Baked Buffalo Cauliflower Wings (B), Vegan Buffalo Sauce (S), Oil Free Potato Enchilada Casserole (E), Vegan BBQ "Chicken" Patty (P)