



BREAKFAST IDEAS

- Healthy Vegan Pumpkin Muffins
- Baked Sweet Potato w/ Fruit & PB
- _____
- _____
- _____

LUNCH IDEAS

- Italian Pasta Fagioli
- Dinner Leftovers
- _____
- _____
- _____

DINNER IDEAS

- Cabbage Noodle Stir Fry
- Easy Italian Bean Skillet
- Vegan Buffalo Kale Salad
- Vegan "Salmon" Burger
- Southern Collard Green Potato Stew
- _____
- _____

SNACKS IDEAS

- Vegan Coffee Hazelnut 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 [(N=1T) (B=2T) (P=1T)]
- Ginger [(N=2t)]
- Large Yellow Onions [(P=1.33C)]
- Medium Yellow Onions [(N=1C) (B=1)]
- Green Onions [(N) (K=6)]
- Green Bell Peppers [(P=1C)]
- Red Bell Peppers [(N=1)]
- Carrots [(N=1) (K=.5C)]
- Celery Ribs [(P=.5C)]
- Large Tomatoes [(S)]
- Red Skinned Potatoes [(P=4C)]
- Mini-English Cucumbers [(K=1.25C) (S)]
- Salad Greens of Choice [(S)]
- Kale [(K=3C)]
- Brussels Sprouts [(K=2C)]
- Green Cabbage [(N=5C)]
- Collard Greens [(P=8C)]
- Medium Zucchini [(B=1)]
- Flat Leaf Parsley [(B) (P)]
- Lemons [(S=2T+1t)]
- _____
- _____
- _____

DRY/CANNED/JARRED GOODS

- Cashews (raw) [(K=.25C)]
- Toasted Sesame Seeds [(N)]
- Flaxseed Meal [(S=2T)]
- Rice Vinegar [(N=1T) (S=1t)]
- Distilled White Vinegar [(N=2T) (K=1T+1t)]
- Apple Cider Vinegar [(P)]
- Tomato Paste [(N=1T)]
- Tomato Sauce [(B=8 oz.)]
- 14.5 oz. can Petite Diced Tomatoes [(P=1)]
- 15 oz. can Cannellini Beans [(N=1)]
- 15 oz. can Black-Eyed Peas [(P=1)]
- 15 oz. can Chickpeas [(S=1)]
- Can Pineapple Chunks in 100% Juice [(N=.5C)]
- Can Hearts of Palm [(S= 4oz.)]
- Nutritional Yeast [(B=1T) (K=2T) (S=1T)]
- Panko Crumbs [(S=.25C)]
- Baking Soda [(B=pinch)]
- Cornstarch (or Arrowroot Powder) [(N=.5t)]
- Rolled Oats [(S=.5C)]
- Tahini [(N=1T) (K=1T) (S=1T)]
- Liquid Smoke [(P=1.25t)]
- Pure Maple Syrup [(N=2T)]
- Molasses [(N=.5t)]
- Couscous [(K=1C)]

- Thin Spaghetti [(N=8 oz.)]
- Rice of choice [(B)]
- Brown Rice [(S=.5C)]
- Hot Sauce [(K=1T+1t) (P=2T)]
- ✓ **Frank's RedHot Sauce**
- Tamari [(N=.25C)]
- ✓ **San J Gluten Free Reduced Sodium**
- Vegetable broth [(P=1C)]
- ✓ **Pacific Organic Vegetable Stock – Low Sodium**
- _____
- _____
- _____

REFRIGERATED

- Vegan Mayonnaise [(S=.5C)]
- Unsweetened Plain Plant Yogurt [(K=.25C)]
- Miso [(N=1T)]
- ✓ **Miso Master Organic Mellow White**
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____

SPICES USED:

- Dried Basil [(B=1t)]
- Bay Leaves [(P=2)]
- Cayenne Pepper [(P=.25t)]
- Dried Dill Weed [(S=.75t) (P=.25t)]
- Garlic Powder [(N=.5t) (B=1t) (K=.5t) (S=1t) (P=1.25t)]
- Dried Ground Mustard Powder [(N=.5t)]
- Old Bay Seasoning [(S=1t)]
- Onion Powder [(N=.5t) (B=1t) (K=.5t) (S=1t) (P=1.25t)]
- Dried Minced Onions [(N=1t) (S=2T) (P=2T)]
- Dried Oregano [(B=1t) (P=1t)]
- Dried Parsley [(S=1t)]
- Smoked Paprika [(P=1.5t)]
- Sweet Paprika [(S=1t) (P=.5t)]
- Red Pepper Flake [(N)]
- Dried Crushed Thyme Leaves [(S=pinch) P=1.5t]]
- Sea Salt
- Black Pepper

MISC:

- Burger Buns (of choice) [(S)]
- _____
- _____

Recipe Code: Sweet and Sour Cabbage Noodle Stir Fry (N), Budget Friendly Easy Italian Bean Skillet (B), Vegan Buffalo Kale and Brussel Sprouts Chopped Salad (K), Vegan "Salmon" Burger (S), Southern Collard Green Potato Stew (P)