



# MENU



## BREAKFAST IDEAS

- Avocado Spinach Mushroom Toast
- Plant Yogurt, Fruit, and Seeds
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH IDEAS

- Vegan Pineapple Chickpea Salad
- Dinner Leftovers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER IDEAS

- Oil Free Enchilada Rice
- Vegan Creamy Mushroom Barley Soup
- Vegan Thai Curry Mac and Cheese
- Harvest Veggie Loaf
- Collard Green Stuffed Sweet Potato
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS IDEAS

- Vegan Pineapple Pecan Cheese Ball
- 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) (B=2T) (H=1T) (G=2T)]
- Large Yellow Onions [(G=1)]
- Medium Yellow Onions [(R=1) (B=1) (H=1C)]
- Green Bell Peppers [(R=1)]
- Jalapeno Peppers [(R=1)]
- Carrots [(H=1)]
- Celery Ribs [(H=4)]
- Russet Potatoes [(M=3C)]
- Sweet Potatoes [(H=2C) (G=4 medium)]
- Collard Greens [(G=1 large bunch)]
- Avocados [(R)]
- Cilantro [(R)]
- Baby Bella Mushrooms [(B=16 oz.)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**DRY/CANNED/JARRED GOODS**

- Medjool Dates [(H=4)]
- Cashews (raw) [(B=.5C)]
- Pecans [(H=.25C)]
- Unsalted Almond Butter [(H=2T)]
- Red Wine Vinegar [(B=2t)]
- Distilled White Vinegar [(M=3T)]
- Apple Cider Vinegar [(G=2T)]
- Tomato Paste [(B=1T)]
- 14.5 oz. can Petite Diced Tomatoes [(R=1)]
- 15 oz. can Chickpeas [(H=2)]
- 15 oz. can Black Beans [(R=1)]
- 10 oz. can Enchilada Sauce [(R=1C)]
- 15 oz. can Corn [(R=1)]
- Nutritional Yeast [(B=2T) (M=.25C)]
- Panko Crumbs [(H=2C)]
- Barley (of choice) [(B=1C)]
- Liquid Smoke [(G=2t)]
- Pure Maple Syrup [(G=2t)]
- Coconut Extract [(M=2 drops-optional)]
- Elbow Macaroni [(M=16 oz.)]
- Rice of choice [(R=1.25C)]
- Red Curry Paste [(M=4t)]
- Thai Kitchen Red Curry Paste**
- Tamari [(B=2T) (M=2T) (H=3T)]
- San J Gluten Free Reduced Sodium**
- Vegetable broth [(R=1C) (B=3C) (G=.25C)]
- Pacific Organic Vegetable Stock – Low Sodium**

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

**REFRIGERATED**

- Unsweetened Plain Plant Milk [(B=.5C) (M=1C+2T)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**FROZEN**

- 14.4 oz. bag Frozen Cauliflower Florets [(M=1)]
- Frozen Broccoli Florets [(M=1C)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**SPICES USED:**

- Chili Powder [(R=1t)]
- Cumin [(R=1t)]
- Curry Powder [(M=.5t)]
- Garlic Powder [(R=1t) (B=1t) (M=1t) (H=2t) (G=1t)]
- Dried Ground Mustard Powder [(H=1t)]
- Onion Powder [(R=1t) (B=1t) (M=1t) (H=1t) (G=1t)]
- Dried Minced Onions [(R=2T) (H=2T) (G=1T)]
- Dried Oregano [(R=1t)]
- Smoked Paprika [(R=1t)]
- Sweet Paprika [(B=.5t)]
- Red Pepper Flake [(G=pinch)]
- Dried Rubbed Sage [(H=2t)]
- Dried Crushed Thyme Leaves [(H=1.25t)]
- Sea Salt
- Black Pepper

**MISC:**

- Tortilla Chips (of choice) [(R)]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Recipe Code:** Oil Free Enchilada Rice (R), Vegan Creamy Mushroom Barley Soup (B), Vegan Thai Curry Mac and Cheese (M), Harvest Veggie Loaf (H), Collard Green Stuffed Sweet Potatoes (G)