



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: JUNE 22, 2014 - JUNE 28, 2014

CONTRIBUTING BLOG: FOOD WELL SAID

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PANTRY STAPLES:

- GARLIC
- DATES
- BALSAMIC VINEGAR (WHITE AND DARK)
- RED QUINOA
- BROWN RICE
- CHICKEN BROTH
- SPAGHETTI
- GARBANZO BEANS (CANNED)
- CANNED TUNA
- TOMATO PASTE
- CANNED TOMATOES
- GREEK YOGURT
- SOUR CREAM
- PARMESAN
- FETA
- BUTTER
- RED WINE VINEGAR
- SUNFLOWER SEEDS
- OLIVE OIL
- MAPLE SYRUP
- WHOLE GRAIN MUSTARD

- WORCESTERSHIRE SAUCE
- CHILI PEPPER FLAKES
- SMOKED PAPRIKA
- CUMIN
- CORIANDER
- SALT & PEPPER

TO BUY:

- KALE
- ARUGULA
- CARROTS
- ZUCCHINI
- LEMONS
- CAULIFLOWER
- TOMATOES (GRAPE AND LARGE)
- ONION
- SCALLIONS
- BUTTERNUT SQUASH
- BROCCOLI
- NUGGET POTATOES
- RIB EYE/FLAT IRON
- GROUND PORK
- GROUND BEEF
- CHICKEN DRUMSTICKS
- WHOLE CHICKEN
- CHORIZO SAUSAGES
- BACON
- EDAMAME (SHELLED & FROZEN)
- MOZZARELLA (OR GRUYERE)
- FRESH HERBS: BASIL, ROSEMARY, THYME, AND PARSLEY