



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: JUNE 30, 2014 - JULY 6, 2014

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### PANTRY STAPLES:

- GARLIC CLOVES
- TAMARI
- PAPRIKA
- APPLE CIDER VINEGAR
- MAPLE SYRUP
- RED LENTILS
- MAYO
- BASMATI RICE
- TOASTED SESAME OIL
- OLIVE OIL
- MUSTARD SEED
- TURMERIC
- CUMIN
- SALT AND PEPPER
- DRIED OREGANO
- POWDERED ALLSPICE
- DARK/MUSHROOM SOY SAUCE
- SUGAR
- CHILI FLAKES
- GARLIC POWDER
- SRIRACHA SAUCE
- MACARONI
- SALTED BUTTER
- FLOUR
- BREAD CRUMBS
- MOLASSES
- TOMATO PASTE
- VEGETABLE BROTH
- 2% MILK
- ONION
- LEMON JUICE (1 CUP)
- CHEDDAR CHEESE

### TO BUY:

- GINGER ROOT
- NATURAL PEANUT BUTTER (1 1/2 CUP)
- 2 BLOCKS EXTRA FIRM OR FIRM TOFU
- CARROTS
- RED CABBAGE
- GREEN CABBAGE
- PEAS
- (OPTIONAL) CHILI PEPPER
- 2 28 FL OZ CANS WHOLE TOMATOES
- FRESH CILANTRO
- WHIPPING CREAM (OR COCONUT MILK)
- CHIVES
- RICE NOODLES
- SOBA NOODLES
- GREEN LETTUCE
- CUCUMBER
- MINT LEAVES
- RICE PAPER WRAPS
- PORTOBELLO MUSHROOMS
- SPINACH
- MOZZARELLA CHEESE
- BURGER BUNS
- GREEN LENTILS