



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: JULY 6, 2014 - JULY 12 2014

CONTRIBUTING BLOG: Chocolate & Chillies

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PANTRY STAPLES:

- PANKO BREADCRUMBS
- OLIVE OIL
- CANOLA OIL
- ONION
- DRIED DILL
- PAPRIKA
- SALT
- RED CHILLI FLAKES
- GROUND CUMIN
- GREEN CARDAMON
- CAYENNE PEPPER
- DRIED RED CHILLIES
- TURMERIC
- SUGAR
- CHICKEN BOUILLON CUBE
- ALL-PURPOSE FLOUR
- CORNFLOUR
- CORNSTARCH
- BAKING SODA
- FROZEN PEAS
- RED SPLIT LENTILS
- CANNED TUNA
- CANNED BLACK BEANS
- EGGS
- LEMON JUICE
- RICE VINEGAR
- SOY SAUCE
- OYSTER SAUCE
- HOISIN SAUCE
- SESAME OIL
- FRIED ONION
- VEGETABLE BROTH
- YOGURT
- FRESHLY GROUND BLACK PEPPER
- POTATO
- ORANGE JUICE
- PASTA
- BASMATI RICE
- 2% MILK
- PEANUT CHILLI OR SATAY SAUCE (OPTIONAL)
- HAMBURGER BUNS

TO BUY:

- GROUND POMEGRANATE SEEDS
- GARAM MASALA
- WHOLE CORIANDER SEEDS
- GINGER GARLIC PASTE
- FRESH GARLIC
- FRESH GINGER
- GROUND BEEF
- BONELESS CHICKEN BREAST
- SHRIMP
- CANNED WATER CHESTNUTS
- PHYLLO DOUGH
- FRESH CORIANDER
- GREEN BEANS
- RED PEPPER
- TOMATOES
- GREEN CHILLIES
- SHALLOT
- BOSTON LETTUCE
- GREEN ONION
- LA BOMBA SAUCE
- SWEET THAI CHILLI SAUCE
- RICE PAPER WRAPPERS
- VERMICELLI NOODLES
- NAAN
- ½ WHOLE CHICKEN OR 1 LB BONELESS CHICKEN BREAST