



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: JULY 13, 2014 - JULY 19 2014

CONTRIBUTING BLOG: Kitchen Simplicity

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PANTRY STAPLES:

- RED WINE VINEGAR
- EXTRA VIRGIN OLIVE OIL
- CHIPOTLE IN ADOBO
- HONEY
- MAPLE SYRUP
- SESAME OIL
- CANOLA OIL
- FRESH GARLIC
- ONION
- LEMONS
- RUSSET POTATOES
- SALT AND PEPPER
- GARLIC POWDER
- DRIED PARSLEY FLAKES
- CHILI POWDER
- GROUND CUMIN
- CAYENNE PEPPER
- CRUSHED RED-PEPPER FLAKES
- GROUND GINGER
- CAJUN SEASONING
- MILK
- EGGS
- PARMESAN CHEESE
- DIJON MUSTARD
- SALSA
- CHEDDAR CHEESE
- KALAMATA OLIVES
- RANCH DRESSING
- MUSTARD
- MAYONNAISE
- SOY SAUCE
- OYSTER SAUCE
- BITE SIZE PASTA
- BLACK BEANS
- PINTO BEANS
- TORTILLAS
- CROUTONS
- CHICKEN BROTH
- RICE
- WALNUTS
- BURGER BUNS
- SOUR CREAM

TO BUY:

- FRESH BASIL
- LARGE TOMAOS
- CHERRY TOMATOES
- GREEN LEAF LETTUCE
- ROMAINE LETTUCE
- MICROGREENS
- GREEN ONIONS
- ENGLISH CUCUMBERS
- CARROTS
- YELLOW AND RED BELL PEPPERS
- RADISHES
- JALAPEÑO
- GREEN BEANS
- BROCCOLI
- MUSHROOMS
- DESIRED SEASONAL FRUIT
- FRESH MOZZARELLA
- CREAM CHEESE SPREAD
- CREAM
- CHICKEN BREASTS
- BACON
- GROUND BEEF
- PORK CHOPS
- GROUND CHICKEN
- CHEESE BAGELS