



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: August 17th - August 23rd

CONTRIBUTING BLOG: Kitchen Frau

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PANTRY STAPLES:

- SALT & PEPPER
- GARLIC
- ONIONS
- OLIVE OIL
- SESAME OIL
- BUTTER
- EGGS
- WHITE VINEGAR
- SHERRY VINEGAR
- APPLE CIDER VINEGAR
- CANNED CHICKPEAS
- CANNED DICED TOMATOES
- CANNED TOMATO SAUCE
- TOMATO PASTE
- BROWN SUGAR
- HONEY
- MAPLE SYRUP
- MAYONNAISE
- MISO PASTE
- SOY SAUCE (GLUTEN FREE IF NECESSARY)
- FLOUR (QUINOA OR AMARANTH FOR GLUTEN-FREE)

- SRIRACHA SAUCE OR HOT SAUCE
- WHOLE BLANCHED ALMONDS
- PECAN HALVES
- DRIED CRANBERRIES
- TAHINI
- BROWN RICE
- BROWN OR GREEN LENTILS
- SUN-DRIED TOMATOES IN OIL
- FRESH GINGER ROOT
- BAY LEAVES
- GARAM MASALA
- CURRY POWDER
- CUMIN
- SMOKED PAPRIKA
- PAPRIKA
- CAYENNE
- THYME
- TUBE PASTA (GLUTEN-FREE IF NECESSARY)

TO BUY:

- CHICKEN BREASTS
- CHICKEN THIGHS
- GROUND BEEF
- SALMON
- WHITE FISH FILLETS (BASA OR TILAPIA)
- DELI ROAST BEEF SLICES
- RICE PAPER WRAPPERS
- POTATOES
- CARROTS
- ASPARAGUS
- RED BELL PEPPERS
- PLUM TOMATOES
- RED CABBAGE
- BABY SPINACH LEAVES
- ENGLISH CUCUMBER
- GREEN ONIONS
- CILANTRO
- LIMES
- WHIPPING CREAM
- PLAIN YOGURT
- SMALL (6-8") CORN TACOS

