



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: August 25th - August 31st

CONTRIBUTING BLOG: She Eats

[www.foodbloggersofcanada.com](http://www.foodbloggersofcanada.com)

### PANTRY STAPLES:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> DRY WHITE WINE             | <input type="checkbox"/> DRIED ONION SOUP MIX  | <input type="checkbox"/> AVOCADOS  |
| <input type="checkbox"/> DRY RED WINE               | <input type="checkbox"/> DRIED ITALIAN SEASONING                                     | <input type="checkbox"/> BELL PEPPER   |
| <input type="checkbox"/> WHITE VINEGAR              | <input type="checkbox"/> SMOKED PAPRIKA  | <input type="checkbox"/> ORGANIC GARLIC  |
| <input type="checkbox"/> RED WINE VINEGAR           | <input type="checkbox"/> SAFFRON THREADS   | <input type="checkbox"/> LARGE PORTOBELLO MUSHROOMS  |
| <input type="checkbox"/> DIJON MUSTARD              | <input type="checkbox"/> FRESH NUTMEG  | <input type="checkbox"/> RED BELL PEPPERS  |
| <input type="checkbox"/> TOMATO PASTE               | <input type="checkbox"/> CLOVES  | <input type="checkbox"/> SHALLOTS  |
| <input type="checkbox"/> DRIED PEPPER FLAKES        | <input type="checkbox"/> PASTURED EGGS   | <input type="checkbox"/> GREEN GARLIC  |
| <input type="checkbox"/> CAN OF COCONUT MILK        | <input type="checkbox"/> PARMESAN CHEESE   | <input type="checkbox"/> CARROT  |
| <input type="checkbox"/> CURRY POWDER               | <input type="checkbox"/> HARD TACO SHELLS (SEE IF YOU CAN FIND ORGANIC TO AVOID GMO) | <input type="checkbox"/> CHARD   |
| <input type="checkbox"/> 1 TACO SEASONING PACKET    | <input type="checkbox"/> GOOD QUALITY EXTRA VIRGIN OLIVE OIL                         | <input type="checkbox"/> CHERRY TOMATOES   |
| <input type="checkbox"/> CUMIN                      | <input type="checkbox"/> GOOD QUALITY BALSAMIC VINEGAR                               | <input type="checkbox"/> ARUGULA   |
| <input type="checkbox"/> CAYENNE PEPPER             | <input type="checkbox"/> CHOPPED CANNED CHIPOTLE PEPPERS IN ADOBO                    | <input type="checkbox"/> FRESH (SPOT OR REGULAR) PRAWNS  |
| <input type="checkbox"/> CHOPPED STEWED TOMATOES    | <input type="checkbox"/> PACKAGE OF BROAD EGG NOODLES                                | <input type="checkbox"/> FRESH MUSSELS   |
| <input type="checkbox"/> PINTO OR WHITE BEANS       | <b>TO BUY:</b>   | <input type="checkbox"/> FRESH MANILA CLAMS  |
| <input type="checkbox"/> ALL-PURPOSE WHITE FLOUR    | <input type="checkbox"/> FRESH ASPARAGUS   | <input type="checkbox"/> ORGANIC, PASTURED CHICKEN BREASTS   |
| <input type="checkbox"/> FINE GROUND CORNMEAL       | <input type="checkbox"/> ZUCCHINI  | <input type="checkbox"/> 1 LB 5 OZ BONELESS PORK SHOULDER  |
| <input type="checkbox"/> BAKING POWDER              | <input type="checkbox"/> MANGO   | <input type="checkbox"/> 7 OZ PIG SKIN (OPTIONAL)  |
| <input type="checkbox"/> BAKING SODA                | <input type="checkbox"/> RADICCHIO   | <input type="checkbox"/> GOAT CHEESE   |
| <input type="checkbox"/> SUGAR                      | <input type="checkbox"/> FRESH CORN  | <input type="checkbox"/> FRESH MOZZARELLA  |
| <input type="checkbox"/> COARSE SEA SALT            | <input type="checkbox"/> RED ONION   | <input type="checkbox"/> CIABATTA BUNS   |
| <input type="checkbox"/> FRESH CRACKED BLACK PEPPER | <input type="checkbox"/> SWEET OR SPANISH ONION                                      | <input type="checkbox"/> 2 1/4" MEDALLIONS OF PANCETTA BIRD'S EYE (LITTLE SPICY RED ONES) CHILIES        |
| <input type="checkbox"/> ORGANIC MILK               | <input type="checkbox"/> 10 LIMES  | <input type="checkbox"/> FRESH HERBS (I.E. FLAT LEAF PARSLEY, CILANTRO, THYME, TARRAGON, OREGANO, BASIL) |
| <input type="checkbox"/> HEAVY CREAM                |  |  |
| <input type="checkbox"/> BUTTER                     |  |  |