

WEEKLY MENU PLAN: August 10th - August 16th

CONTRIBUTING BLOG: Trying To Be a Lady

FETA CHEESE

BUFFALO MOZZARELLA CHEESE

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PANTRY STAPLES: TO BUY: EXTRA VIRGIN OLIVE OIL **RED BELL PEPPERS** SALT & PEPPER → YELLOW BELL PEPPERS FROZEN SALMON FILLETS **ORANGE BELL PEPPERS** THAI SAUCE FOR DIPPING GREEN BEANS SESAME SEEDS ☐ CHERRY TOMATOES **LIME JUICE TOMATOES RED WINE VINEGAR** MEDIUM ONIONS DIJON MUSTARD SMALL ONION SNOW PEAS GARLIC **ACTIVE DRY YEAST** LETTUCE PIZZA SAUCE AVOCADOS PLAIN GREEK YOGURT CUCUMBER **UNSALTED PEANUTS** MUSHROOMS LARGE EGGS LIMES CHEDDAR CHEESE CILANTRO PC THAI RICE STICK NOODLES → PC BROCCOLI SLAW RICE PAPER WRAPS SKINLESS SALMON FILLETS BONELESS, SKINLESS CHICKEN BREAST **RAW CASHEWS** PC BLUE MENU PAD THAI COOKING GROUND TURKEY SAUCE ITALIAN SAUSAGES ALL PURPOSE FLOUR (I ALWAYS PREFER WHOLE WHEAT) EXTRA FIRM TOFU WHOLE GRAIN BAGUETTE WHOLE GRAIN TORTILLAS