



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: September 28th - October 4th

CONTRIBUTING BLOG: Hidden Ponies

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PANTRY STAPLES:

- CHICKEN OR VEGETABLE STOCK
- VEGETABLE OIL
- SOY SAUCE
- CORNSTARCH
- KETCHUP
- EGGS
- BUTTER
- GARLIC
- ONIONS
- TACO SEASONING
- GARLIC SALT
- RANCH DRESSING
- DRIED OREGANO
- SALAD DRESSING
- HOT PEPPER FLAKES
- GROUND GINGER
- WHITE VINEGAR
- BAKING POWDER
- BAKING SODA
- DRIED THYME
- OLIVE OIL
- BROWN SUGAR
- RED WINE VINEGARS
- YEAST

- CUMIN
- CHEDDAR OR MONTEREY JACK CHEESE
- RICE - REGULAR
- RICE - ARBORIO

TO BUY:

- CHICKEN BREAST - BONELESS
- CHICKEN BREAST - BONE IN
- GROUND BEEF
- BAG OF COLESLAW MIX
- 1 PKG CHICKEN FLAVOURED RAMEN NOODLES
- APPLE CIDER VINEGAR
- LOW FAT CREAM CHEESE
- SOUR CREAM
- SPAGHETTI OR OTHER PASTA
- LASAGNA NOODLES
- SALSA
- RAW VEGGIES (YOUR FAVES WITH DIP)
- RED PEPPERS
- LEMONS
- LETTUCE
- TOMATOES

- GREEN BEANS
- BASIL PESTO
- TOMATO PASTE
- 2 CANS DICED TOMATOES (28OZ)
- FRESH BASIL
- FRESH PARSLEY
- SWISS OR MOZERELLA CHEESE
- PARMESAN CHEESE
- RED LENTILS
- GREEK YOGURT