



WEEKLY MENU PLAN: September 21 - September 27

CONTRIBUTING BLOG: Kravings Blog

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PANTRY STAPLES:

- ELBOW PASTA
- ARBORIO RICE
- BASMATI RICE
- OLIVE OIL
- YEAST
- PITA BREAD
- SUGAR

FLOUR:

- ALL PURPOSE
- GRAM FLOUR
- BULGUR WHEAT

DAIRY:

- YOGURT
- HEAVY CREAM
- CREAM CHEESE
- SHREDDED MOZZARELLA
- BUTTER
- PARMESAN
- HALLOUMI

PROTEIN:

- BONELESS CHICKEN
- GROUND CHICKEN
- TILAPIA OR ANY OTHER
- FILLETED FISH

TINNED SALMON

EGGS

SPICES & CONDIMENTS

TANDOORI MASALA

TURMERIC, CORIANDER, CUMIN
AND RED CHILLI POWDERS

GARAM MASALA

CINNAMON

CLOVES

AJWAIN OR CARROM SEEDS

RED CHILLI FLAKES

GROUND BLACK PEPPER

CUMIN SEEDS

YELLOW MUSTARD SEEDS

DRIED FENUGREEK LEAVES

DRIED OREGANO

SUMAC

POMEGRANATE MOLASSES

ZAATAR

SMOKED PAPRIKA

MINCED GARLIC

GROUND GINGER PASTE

SOYA SAUCE

CORNSTARCH

CHICKEN STOCK

CHILLI PASTE

VINEGAR

PICKLES TURNIPS

GREEN OLIVES

BLACK OLIVES

GREENS & VEGGIES

PEPPERS – GREEN AND RED

RED ONIONS

TOMATOES

CHERRY TOMATOES

GINGER

GARLIC

CORIANDER

MINT

PARSLEY

MUSHROOMS

CURRY LEAVES

LEMONS

CUCUMBER

ARUGULA

BABY SPINACH

SPRING ONIONS

GREEN CHILLIES

POTATOES

CHIVES

FROZEN PEAS