



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: October 5th - October 11th

CONTRIBUTING BLOG: The Yum Yum Factor

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

### PANTRY STAPLES:

- SUGAR
- KOSHER SALT
- BROWN SUGAR
- SHERRY VINEGAR
- CHIPOTLE POWDER
- KOSHER SALT (TO TASTE)
- OLIVE OIL
- CUMIN
- CHICKEN STOCK
- GOCHUJANG
- LIGHT SOY SAUCE
- RICE VINEGAR
- SESAME OIL
- MIRIN
- PONZU SAUCE
- TOASTED SESAME SEEDS
- KIDNEY BEANS
- CHILI POWDER
- OREGANO
- TOMATO PUREE
- CHICKEN STOCK
- MAYONNAISE
- CHIPOTLE CHILI IN ADOBO
- ARBORIO RICE

- PANKO
- FLOUR
- CINNAMON
- CARDAMOM
- OLD FASHIONED OATS
- VANILLA

### TO BUY:

- JALAPEÑO PEPPERS
- CILANTRO
- GARLIC
- 1 TO 1.5 LB PICNIC ROAST, SHOULDER OR PORK BUTT
- SHALLOT
- LIME
- MANDARIN ORANGE
- RADISHES
- GREEN ONIONS
- CAULIFLOWER
- A BIG BOX OF MIXED SALAD GREENS
- ONION
- WHITE WINE
- MOZZARELLA CHEESE
- EGGS

- CORN TORTILLAS
- SOUR CREAM OR GREEK YOGURT
- RED CABBAGE
- NAPPA CABBAGE
- DAIKON
- CRUSTY BUNS
- GROUND BEEF
- MILD CHORIZO SAUSAGE
- BEER
- TORTILLA CHIPS
- POTATOES
- SHARP CHEDDAR
- BEETS WITH GREENS
- PANCETTA
- PARMESAN
- BUTTER
- LEEK
- PESTO
- FRESH BASIL
- SWEET RED AND YELLOW PEPPERS
- GARLIC
- APPLES
- PEARS