



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: November 16 - November 21

CONTRIBUTING BLOG: Spicy Eggplant

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## PANTRY STAPLES:

- CAN OF BABY CORN
- FISH SAUCE
- ALL PURPOSE FLOUR
- CHOCOLATE CHIPS
- SUGAR
- BAKING SODA
- VANILLA EXTRACT
- BANANA EXTRACT
- WHEATLETS
- RED ONION
- GINGER
- THAI GREEN CHILLIES
- LEMON JUICE
- BUTTER
- BUTTERMILK
- SOUR CREAM
- MAYONNAISE
- PALM SUGAR
- COCONUT MILK

## SPICES & CONDIMENTS

- CUMIN SEEDS
- COOKING OIL
- GARAM MASALA
- BLACK PEPPER
- CORIANDER POWDER
- MACE POWDER
- NUTMEG POWDER
- CLOVE POWDER
- TURMERIC POWDER
- SALT
- VEGETA SEASONING
- PAPRIKA
- CHICKEN MASALA
- GARAM MASALA
- CURRY POWDER
- GARLIC POWDER
- CAYENNE PEPPER
- PARSLEY
- YELLOW CURRY PASTE
- CHICKEN TIKKA PASTE
- GINGER PASTE

## FRESH FOODS

- PERSIMMONS
- LEAN MINCED BEEF
- CRUSHED TOMATOES
- GREEK BALKAN YOGURT
- CHICKEN OR BEEF STOCK
- CILANTRO
- SOUR CABBAGE
- SAVOY CABBAGE
- LONG GRAIN RICE
- THAI EGGPLANTS / AUBERGINES
- DRIED GREEN MUNG BEAN LENTILS
- GARLIC
- CHICKEN BREASTS
- ROASTED WALNUTS
- WHIPPING CREAM
- DARK GRAPES
- EGGS
- CARROTS
- KOHLRABI
- SHRIMP
- BABY POTATOES
- PINEAPPLE
- SOFT RIPE BANANAS