



WEEKLY MENU PLAN: SEPT 6 - SEPT 12

CONTRIBUTING BLOG: MY KITCHEN LOVE

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PANTRY STAPLES:

- OLIVE OIL
- DRIED SPAGHETTI (FARRO, WHOLE WHEAT, OR ANY OTHER SPAGHETTI OF YOUR CHOICE)
- CANNED NAVY BEANS
- VEGETABLE OR CHICKEN BROTH
- LIME JUICE
- VEGETABLE OIL
- SOUR CREAM
- CANNED CHICKPEAS

SPICES & CONDIMENTS

- BLACK PEPPER
- SALT
- SEA SALT
- KOSHER SALT
- DRIED CHILI FLAKES
- MUSTARD SEEDS (OPTIONAL)
- RED WINE VINEGAR
- CRUSHED RED PEPPER FLAKE
- YELLOW CURRY POWDER
- CRUSHED RED CHILI FLAKES
- HARISSA PASTE

FRESH FOODS

- EGGS
- CHICKEN LEGS, DRUMSTICKS AND THIGHS SEPARATED
- SKIN-ON, BONE-IN CHICKEN THIGHS
- GROUND LAMB
- FIRM (BONELESS AND SKINLESS) WHITE FISH (SUCH AS COD FILLETS)
- CHORIZO SAUSAGE
- STORE BOUGHT RAW PIZZA DOUGH
- NAAN OR FLATBREAD, FOR SERVING (OPTIONAL)
- TORTILLAS
- FRESH MOZZARELLA CHEESE
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- SOFT GOAT'S CHEESE, HERB OR PLAIN
- ASPARAGUS
- SHALLOTS
- HAZELNUTS (ROASTED IS TASTIER, BUT NON-ROASTED WILL WORK TOO)
- MANGO
- CHERRY TOMATOES
- SMALL TOMATOES, SUCH AS CHERRY, STRAWBERRY, ETC.
- RED BELL PEPPER
- FRESH CILANTRO
- JALAPEÑO
- LIME
- RED ONION
- SPRIGS THYME
- LARGE BELL PEPPERS
- ARUGULA
- LEMONS
- FRESH PARSLEY
- SMALL VINE-RIPE TOMATOES
- BASIL LEAVES
- BABY NEW POTATOES
- GREEN ONIONS
- YELLOW ONIONS
- GARLIC