



WEEKLY MENU PLAN: SEPT 20 - SEPT 26

CONTRIBUTING BLOG: [Ricotta & Radishes](#)

www.foodbloggersofcanada.com

PANTRY STAPLES:

- QUINOA
- ISRAELI COUSCOUS
- CANNED CHICKPEAS
- CANNED BLACK BEANS
- CANNED MIXED BEANS
- CANNED DICED TOMATOES
- CANNED CRUSHED TOMATOES
- OLIVE OIL
- CANOLA OIL SPRAY
- SALT AND PEPPER

SPICES & CONDIMENTS

- OREGANO
- CHILI POWDER
- CUMIN
- CAYENNE
- TAHINI
- TOMATO PASTE
- SOY SAUCE
- RICE VINEGAR
- MAPLE SYRUP
- SRIRACHA

- SESAME OIL
- [HOMEMADE SALSA](#) (OR STORE-BOUGHT)
- [HOMEMADE VINAIGRETTE SALAD DRESSING](#) (OR STORE-BOUGHT)

FRESH FOODS

- WHOLE GRAIN FLOUR TORTILLAS OR OTHER SMALL TACO SHELLS
- WHOLE GRAIN FLAX BREAD (OR OTHER SANDWICH BREAD)
- CHICKEN BREASTS
- COOKED ROTISSERIE CHICKEN (OR LEFTOVER CHICKEN BREASTS)
- EXTRA-FIRM TOFU
- GREEK YOGURT
- MOZZARELLA CHEESE
- FRESH MINT
- FRESH BASIL
- FRESH CILANTRO
- LETTUCE OR BABY GREENS
- CARROTS
- LEMON
- LIME
- GREEN ONIONS

- ZUCCHINI
- CHINESE EGGPLANT
- RED BELL PEPPER
- RED ONION
- WHITE ONION
- GARLIC
- BUTTERNUT SQUASH
- AVOCADO
- CORN
- PEACHES
- TOMATOES
- CELERY