



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: SEPT 13 - SEPT 19

CONTRIBUTING BLOG: URBAN COTTAGE LIFE

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PANTRY STAPLES:

- ALMOND MILK OR RICE MILK
- APPLE CIDER VINEGAR
- AVOCADO OIL
- BAKING POWDER
- BEER
- BROTH, CHICKEN
- BROTH, VEGETABLE
- CACAO POWDER, RAW
- COCOA POWDER, UNSWEETENED
- COCONUT MILK
- COCONUT OIL
- FLOUR, ALL PURPOSE
- GELATIN, ENVELOPES
- GINGER, CRYSTALLIZED
- GRAPESEED OIL (OPTIONAL)
- HONEY
- KETCHUP
- LENTILS, BELUGA
- LENTILS, BROWN OR GREEN
- MAPLE SYRUP

- MEDJOO DATES
- MILK CHOCOLATE CHIPS
- MOLASSES
- MUSTARD, WHOLE GRAIN
- OLIVE OIL
- POMEGRANATE MOLASSES
- SEMI SWEET CHOCOLATE
- SESAME SEEDS
- SOCKEYE SALMON, CANNED
- SOY SAUCE
- SUGAR, CANE
- SUGAR, GRANULATED
- TOMATOES, ROMA OR SAN MARZANO, CANNED
- TOMATO PASTE
- VANILLA BEAN PASTE
- VANILLA EXTRACT
- WINE, WHITE

SPICES & CONDIMENTS

- BLACK PEPPERCORNS
- CHILI POWDER
- CINNAMON, SAIGON OR OTHERWISE
- CUMIN SEED
- CUMIN, GROUND
- FENNEL SEED
- GREEN CARDAMOM POD
- KALONJI (NIGELLA SEED)
- MUSTARD SEED, BLACK
- MUSTARD SEED, YELLOW
- OREGANO, DRIED
- RED CHILI FLAKES
- RED CHILI POWDER, EXTRA HOT
- SALT
- SUMAC, GROUND
- THYME, DRIED
- TURMERIC, GROUND



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FRESH FOODS

- APPLES, MACINTOSH AND ROYAL GALA
- AVOCADO
- BABY BACK PORK RIBS
- BEEF TENDERLOIN OR OTHER CUT
- BEETS, RED OR GOLDEN
- BUTTER, UNSALTED
- BUTTERNUT SQUASH
- CELERY
- CHICKEN BREAST
- CHICKEN THIGHS, SKINLESS, BONE IN
- CHIVES
- CILANTRO
- CORN ON THE COB
- EGGS
- ENGLISH CUCUMBER
- FENNEL
- FETA CHEESE
- GARLIC
- GINGER
- GREEK YOGURT, PLAIN
- ITALIAN SAUSAGE, HOT, MILD OR BOTH
- KALE
- LEMON
- LIME
- MANGO
- MINT (OPTIONAL)
- ONION, YELLOW COOKING AND RED
- PARSLEY, FLAT LEAF
- POMEGRANATE (WHOLE OR ARILS)
- PORTOBELLO MUSHROOMS
- POTATO, YUKON GOLD
- POTATOES, SMALL RED
- RADISH
- RED CHILI PEPPERS
- RED PEPPER
- SAGE
- SCALLION
- SPINACH, BABY
- THYME
- TOMATO, BEEFSTEAK
- TOMATO, PLUM OR ROMA
- WALNUTS
- WHIPPING CREAM