



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: OCT 4- OCT 10

CONTRIBUTING BLOG: [Daily Tiramisu](#)

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## PANTRY STAPLES:

- PASTA (PENNE RIGATE OR BOCCONCINI)
- ITALIAN SEASONED BREADCRUMBS
- ZUCCHINI & CORN RELISH
- CHICKEN BROTH OR VEGETABLE BROTH
- BASMATI RICE
- CHICKPEAS
- MIXED OLIVES
- PEANUTS
- HAZELNUTS
- BROWN SUGAR
- VERMICELLI RICE NOODLES
- EGG NOODLES OR RICE NOODLES
- SPRING ROLL WRAPPERS
- CHICKEN STOCK
- WHITE RICE
- WOODEN SKEWERS

## SPICES & CONDIMENTS

- SALT
  - PEPPER
  - OLIVE OIL
  - CANOLA OIL
  - HOT PEPPER FLAKES
  - BAY LEAVES
  - FENNEL SEEDS
  - CAYENNE PEPPER
  - CURRY POWDER OR GARAM MASALA
  - BALSAMIC VINEGAR
  - TURMERIC
  - CUMIN
  - CORIANDER
  - GARAM MASALA
  - CUMIN
  - OREGANO
  - CAYENNE PEPPER
  - GRAINY MUSTARD
  - HOT PICKLED PEPPERS
  - MAYONNAISE
  - RED WINE VINEGAR
  - DIJON MUSTARD
  - WHITE WINE
- MAPLE SYRUP
  - BOURBON
  - FISH SAUCE
  - HOISIN SAUCE
  - RICE VINEGAR
  - SESAME OIL
  - PEANUT OIL

## FRESH FOODS

- FRESH ROSEMARY
- FRESH THYME
- OREGANO
- FRESH PARSLEY
- FRESH MINT
- FRESH DILL
- CILANTRO
- BASIL
- GREEN ONIONS
- LEMON
- SHALLOTS
- 4 HEADS OF GARLIC
- ONIONS
- RED ONION
- GINGER
- CARROTS
- RAPINI
- BUTTERNUT SQUASH
- LETTUCE
- BOSTON LETTUCE
- ASPARAGUS
- SHIITAKE MUSHROOMS
- TOMATOES
- EGGPLANT

## FRESH FOODS

- PEA SPROUTS
- ARUGULA
- GREEN GARLIC
- MANGOS
- RED BELL PEPPER
- LIMES
- THAI CHILI PEPPER
- GARLIC
- CUCUMBER
- BEAN SPROUTS
- ENGLISH CUCUMBER
- PARSNIP
- 10 DE-BONED CHICKEN THIGHS
- CHICKEN (CAN SUBSTITUTE WITH PORK, BEEF OR TOFU)
- SHRIMP
- 1 WHOLE CHICKEN
- LAMB LEG
- WHIPPING CREAM
- FETA CHEESE
- GOAT CHEESE
- EGGS
- GREEK PLAIN YOGURT
- UNSALTED BUTTER

- DELI SOPRESATTA
- DELI PORCHETTA
- DELI SMOKED TURKEY BREAST
- SLICED PROVOLONE CHEESE
- DICED PANCETTA
- NAAN BREAD  
PITA
- BAGUETTE
- CIABATTA BREAD