



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: August 31st - September 6th

CONTRIBUTING BLOG: My Island Bistro Kitchen

www.foodbloggersofcanada.com

PANTRY STAPLES:

- ☐ BREAD CRUMBS
- ☐ BUTTER
- ☐ SALT & PEPPER
- ☐ MILK
- ☐ OLIVE OIL
- ☐ GARLIC
- ☐ FLOUR
- ☐ KETCHUP
- ☐ WORCESTERSHIRE SAUCE
- ☐ DIJON MUSTARD
- ☐ MOLASSES
- ☐ BROWN SUGAR
- ☐ BAY LEAF
- ☐ CORIANDER
- ☐ GINGER
- ☐ CINNAMON
- ☐ COOKING OIL
- ☐ NUTMEG
- ☐ CAYENNE
- ☐ DRY MUSTARD
- ☐ PAPRIKA
- ☐ CORNSTARCH
- ☐ SOYA SAUCE
- ☐ BAKING SODA
- ☐ GROUND GINGER
- ☐ CHILLI POWDER
- ☐ LIQUID CHICKEN BOUILLON
- ☐ FROZEN PEAS
- ☐ MINUTE RICE
- ☐ TOMATO SOUP
- ☐ TOMATO PASTE
- ☐ TOMATO SAUCE
- ☐ CAN OF DICED TOMATOES
- ☐ BEEF BROTH
- ☐ ITALIAN SEASONING
- ☐ FROZEN CORN
- ☐ ELBOW MACARONI
- ☐ HONEY

TO BUY:

- ☐ ONIONS
- ☐ SUMMER SAVORY
- ☐ CELERY
- ☐ APPLES
- ☐ PORK CHOPS
- ☐ POTATOES
- ☐ GROUND BEEF
- ☐ PARSNIP
- ☐ CARROTS
- ☐ GREEN PEPPERS
- ☐ BUTTON MUSHROOMS
- ☐ RED WINE
- ☐ CHEDDAR CHEESE
- ☐ PARMESAN CHEESE
- ☐ HAM
- ☐ SPARERIBS
- ☐ APPLE JUICE
- ☐ YELLOW EYE BAKING BEANS
- ☐ GARLIC PUREE
- ☐ CIDER VINEGAR
- ☐ MAPLE SYRUP
- ☐ RUM