



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: September 7th - 13th

CONTRIBUTING BLOG: The Fig Tree Blog

[www.foodbloggersofcanada.com](http://www.foodbloggersofcanada.com)

### PANTRY STAPLES:

- CAN OF MIXED BEANS
- CAN OF WHITE KIDNEY BEANS
- CAN OF CHICKPEAS
- BROWN RICE
- CAN OF DICED GREEN CHILIES
- CORNBREAD MIX
- GROUND CUMIN
- GROUND NUTMEG
- MILD CURRY POWDER
- BALSAMIC VINEGAR
- APPLE CIDER VINEGAR
- RICE VINEGAR
- CANOLA OR OLIVE OIL
- SESAME OIL
- CANNED DICED TOMATOES
- CANNED BABY CORN
- CANNED PINEAPPLE TIDBITS
- GOLDEN RAISINS
- DIJON MUSTARD
- HONEY
- TETRA PACKS OF LOW-SODIUM VEGETABLE BROTH
- CANNED PUMPKIN (NOT PIE FILLING)
- LOW-SODIUM SOY SAUCE OR TAMARI
- PINE NUTS
- UNSALTED CASHEWS
- ITALIAN BREADCRUMBS
- CHILE-GARLIC SAUCE

### TO BUY:

- YELLOW ONIONS
- RED ONIONS
- GARLIC
- RED PEPPERS
- YELLOW PEPPERS
- ZUCCHINI
- CARROTS
- LARGE CAULIFLOWER
- ROMAINE LETTUCE
- BLUEBERRIES
- FROZEN OR FRESH CORN
- FRESH LEMON
- FROZEN SHELLLED EDAMAME
- EGGS
- RICOTTA CHEESE
- FETA CHEESE
- PARMESAN CHEESE
- SHREDDED CHEDDAR CHEESE
- SOURDOUGH BREAD
- FRESH SAGE, FRESH ROSEMARY, FRESH FLAT-LEAF PARSLEY AND FRESH BASIL
- MILK OR UNSWEETENED ALMOND MILK
- FRESH GINGER OR A JAR OF GRATED GINGER