



FOOD BLOGGERS OF CANADA

WEEKLY MENU PLAN: October 26th - November 1st

CONTRIBUTING BLOG: [This Fox Cooks](http://ThisFoxCooks.com)

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

### PANTRY STAPLES:

- COCONUT MILK
- PEANUT BUTTER
- SOY SAUCE
- SRIRACHA
- RICE VINEGAR
- RICE STICK NOODLES (THICK)
- JAPANESE STICKY RICE
- CORN STARCH
- CHICKPEAS (DRIED)
- TAHINI
- CORN MASA
- CORN MEAL
- CAN OF BLACK BEANS
- BBQ SAUCE
- WALNUTS
- MUSTARD
- HONEY
- SALSA
- HOT SAUCE
- CANOLA OIL

### TO BUY:

- CHICKEN THIGHS
- GROUND SOY (TO KEEP RECIPES VEGETARIAN)
- FIRM TOFU
- PREPARED PIZZA DOUGH
- CHEESE (SWISS, MOZZARELLA, BRIE)
- QUESO FRESCO (SUB CHEDDAR IF YOU CAN'T FIND IT)
- PASTRAMI, SLICED (IF USING MEAT)
- APPLES
- AVOCADO
- LIMES
- BOSTON LETTUCE
- CUCUMBER
- CARROTS
- BEAN SPROUTS
- CAULIFLOWER
- BROCCOLI
- GREEN BEANS
- MUSHROOMS
- ZUCCHINI
- SWISS CHARD
- TOMATOES
- ONION
- GARLIC
- BASIL
- PARSLEY