



Celebrity Operation Transformation

Week 1 - Main Meals Shopping List

Day	Date	Recipe
1	Mon 28 Aug	Chicken Puttanesca
2	Tue 29 Aug	Nutty Fried Rice Bowl
3	Wed 30 Aug	Fish 'n' Chips
4	Thur 31 Aug	Spinach, squash and chicken salad
5	Fri 01 Sept	Seared salmon & lentil veg sauté
6	Sat 02 Sept	Pasta Siciliana
7	Sun 03 Sept	Fillet steak, fried mushroom & creamy spinach

Note: Herbs can be used dried or fresh. Vegetables can be fresh or frozen.

Many of these ingredients will become cupboard staples and used in future recipes

Meat / Fish	QTY.
• Chicken Breasts	4
• Fresh Cod	300g
• Fillet steak	125g x 2
• Salmon fillets	120g x 2

Vegetables/ Fruits / Herbs**QTY.**

- Spinach 250g
- Tomatoes 5
- Mushrooms 620g
- Broccoli florets 300g
- Kale 150g
- Frozen Peas 150g
- Butternut squash 1
- Aubergine 1
- Courgette 1
- Carrots 3
- Green Pepper 1
- Brown onion 2
- Red Onion 1
- Potatoes 200g
- Baby Potatoes 150g
- Garlic 1 bulb
- Parsley 1 small bunch
- Basil 1 small bunch

Dairy**QTY.**

- Parmesan Cheese 1 small tub
- Eggs 2
- Cooking cream 100ml

Canned Goods and Sundries**QTY.**

- Crushed tomatoes 1 jar / can
- Olive Oil 1 bottle
- Rapeseed Oil 1 bottle
- Sundried tomatoes 1 jar
- Wholegrain Mustard 1 jar

- Natural peanut butter 1 jar
- Honey 1 jar
- Wholewheat Spaghetti 100g
- Wholewheat Penne 100g
- Wholegrain rice 80g
- Sweetcorn 1 small can
- Lentils 1 can
- Kidney beans 1 can
- Chopped tomatoes 1 can
- Red wine vinegar 1 small bottle
- Balsamic vinegar 1 small bottle
- Rice vinegar 1 small bottle
- Plain flour 1 small pack
- Vegetable stock cubes (low salt) 1 pack
- Soy Sauce (low sodium) 1 bottle
- Breadcrumbs 75g
- Capers 1 small jar
- Pitted olives 1 small jar
- Sesame seeds (optional) 1 small packet

Notes

