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 safe food

Operation Transformation

Week 2- Main Meals Shopping List

Day	Date	Recipe
4	9 January (Monday)	Ricotta and Tomato Frittata
5	10 January (Tuesday)	Mango Chicken with sweet potato wedges
6	11 January (Wednesday)	Creamy Prawn and Courgette Pasta
7	12 January (Thursday)	Smokey Pork Chops
8	13 January (Friday)	Mustard Baked Salmon
9	14 January (Saturday)	Chicken Pesto Pasta
10	15 January (Sunday)	Pork Chops and Apple Sauce

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
▪ Uncooked Prawns	100g
▪ Pork loin Chops	4
▪ Salmon fillets	2

Vegetables/ Fruits / Herbs

QTY.

▪ Spinach	1 bag
▪ Tomatoes	200g
▪ Frozen Peas	200g
▪ Courgette	1
▪ Cherry Tomatoes	100g

▪ Carrots	5
▪ Yellow Pepper	1
▪ Red Pepper	1
▪ 1 Red Onion	1
▪ Cooking Apples	2
▪ Potatoes	450g
▪ Parsnip	1
▪ Green Beans	1 pack
▪ Baby Potatoes	550g
▪ Sweet Potato	1
▪ Garlic	1 bulb
▪ Rosemary	1 sprig
▪ Sage	1 bunch
▪ Dill	1 bunch
▪ Savoy Cabbage	1 head

Dairy

QTY.

▪ Ricotta Cheese	1 small tub
▪ Eggs	4
▪ Natural Yoghurt	1 small tub
▪ Light Cream Cheese	1 small tub

Canned Goods and Sundries

QTY.

▪ Mango Chutney	1 jar
▪ Olive Oil	1 bottle
▪ Rapeseed Oil	1 bottle
▪ Wholegrain Mustard	1 jar
▪ Worcester Sauce	1 jar
▪ Honey	1 jar
▪ Wholewheat Pasta	200g
▪ Smoked Paprika	1 jar
▪ Basil Pesto	1 small jar
▪ White wine vinegar	1 bottle

Notes