



Sponsored by
 safefood

Operation Transformation

Week 3 Dinner Shopping List

Day	Date	Recipe
11	Mon 16 Jan	Sweet n' Sour Vegetable Cashew Nut Stir Fry
12	Tues 17 Jan	Cod with Roasted Red Pepper Sauce
13	Wed 18 Jan	Spinach & Feta Frittata
14	Thurs 19 Jan	Creamy Mushroom Pasta
15	Fri 20 Jan	Fish and Chips
16	Sat 21 Jan	Curried Chickpea and Sweet Potato Burger
17	Sun 22 Jan	Enchilada Bake

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.

- Cod Fillets

4

Vegetables/ Fruits / Herbs

QTY.

- Spinach
- Mushrooms
- Red Pepper
- Yellow pepper
- Green Pepper
- Onions
- Garlic
- Red Chilli

1 bag

250g

1

1

1

3

1 bulb

1

▪ Peas	150g
▪ Green Beans	1 pack
▪ Spring Onions	2
▪ Butterhead lettuce	1 head
▪ Sweet Potato	1
▪ Potatoes	700g
▪ Cherry tomatoes	100g
▪ Carrots	3
▪ Courgette	1
▪ Pineapple	50g
▪ Broccoli	10g
▪ Lemons	1
▪ Coriander	1 pack
▪ Basil	1 pack
▪ Oregano	1 pack
▪ Cashew Nuts	55g
▪ Pepper	1 jar
▪ Cumin	1 small jar
▪ Chilli Flakes	1 jar

Dairy

QTY.

▪ Natural Yoghurt	1 tub
▪ Cooking Cream	1 tub
▪ Semi Skimmed Milk	1 pint
▪ Butter	1 tub
▪ Light Cream Cheese	1 small tub
▪ Eggs	6
▪ Feta Cheese	1 pack
▪ Cheddar Cheese	25g

Canned Goods and Sundries

QTY.

▪ Wholewheat Pasta	120g
▪ Wholewheat Noodles	100g
▪ Wholemeal wraps	1 pack

- Reduced sodium Vegetable Stock Cube 1 pack
- Breadcrumbs 75g
- Pre- Roasted peppers 1 jar
- Chickpeas 1 can
- Kidney Beans 1 can
- Chopped tomatoes 1 can
- Olive Oil 1 bottle
- Rapeseed Oil 1 bottle
- Plain flour 1 bag
- Curry Paste 1 small jar
- Mint 1 small jar
- Light Soy Sauce 1 bottle
- Honey 1 jar
- Rice Vinegar 1 bottle

Notes

