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 safefood

Operation Transformation

Week 4 - Main Meals Shopping List

Day	Date	Recipe
18	23 January (Monday)	Spaghetti Bolognese
19	24 January (Tuesday)	Chicken Parmesan
20	25 January (Wednesday)	Non Chop Prawn Stir Fry
21	26 January (Thursday)	Steak and Garlic Mash
22	27 January (Friday)	Chilli Lime Cod
23	28 January (Saturday)	Roast Chicken
24	29 January (Sunday)	Chicken Burrito

Notes:

- 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.
▪ Minced Beef	200g
▪ Chicken breasts	2
▪ Large roast chicken	1
▪ Uncooked Prawns	160g
▪ Cod fillets	2
▪ Sirloin steak	250g

Vegetables/ Fruits / Herbs	QTY
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▪ Broccoli	1 head
▪ Red Pepper	2
▪ Yellow Pepper	1
▪ Green Pepper	1
▪ Red Chilli	1
▪ Garlic	1 bulb
▪ Lime	1
▪ Green beans	1 pack
▪ Mangetout	1 pack
▪ Button mushrooms	1 pack
▪ Carrots	3
▪ Parsnips	2
▪ Red Onion	1
▪ Onion	1
▪ Cherry tomatoes	300g
▪ Tomatoes	340g
▪ Baby spinach	1
▪ Potatoes	500g
▪ Basil	1 pack
▪ Chilli Powder	1 small jar
▪ Dried Oregano	1 jar
▪ Chilli flakes	1 jar

Dairy

QTY.

▪ Butter	1 small tub
▪ Cheddar Cheese	20g
▪ Mozzarella Cheese	20g
▪ Parmesan Cheese	1 pack
▪ Semi skimmed milk	1 pint

Canned Goods and Sundries

QTY.

▪ Wholewheat Wraps	1 pack
▪ Wholegrain rice	100g
▪ Wholewheat Spaghetti	100g

- Wholewheat Pasta 100g
- Wholewheat Noodles 100g
- Rapeseed Oil 1 bottle
- Olive Oil 1 bottle
- Tomato Puree 1 tube
- Reduced sodium soy sauce 1 bottle
- Honey 1 jar
- Rice Vinegar 1 bottle
- Fish Sauce 1 bottle
- Salsa 1 jar
- Canned chopped tomatoes 1 tin
- Sweetcorn 1 tin

Notes

