



Operation Transformation

Week 7 - Main Meals Shopping List

Day	Date	Recipe
39	13 February (Monday)	Chicken Spaghetti
40	14 February (Tuesday)	Mushroom Stroganoff
41	15 February (Wednesday)	Spinach and Feta Frittata
42	16 February (Thursday)	South American Stir Fry
43	17 February (Friday)	Salmon and Avocado Salsa
44	18 February (Saturday)	Singapore Noodles
45	19 February (Sunday)	Simple Pork Steak

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.

- Sirloin / Fillet Steak 250g
- Salmon Fillets 2
- Chicken fillets 2
- Pork Loin 500g

Vegetables/ Fruits / Herbs

QTY.

- Baby tomatoes 200g
- Tomato 1

▪ Courgette	1
▪ Black olives	50g
▪ Garlic	1 bulb
▪ Lemon	2
▪ Red Pepper	2
▪ Red Chilli	1
▪ Orange Pepper	1
▪ Red Onion	2
▪ Coriander	1 pack
▪ Potatoes	750g
▪ Baby spinach	1 bag
▪ Onion	2
▪ Avocado	1
▪ Carrots	2
▪ Turnip	1
▪ Mushrooms	1 pack
▪ Beansprouts	1 pack
▪ Lime	1
▪ Baby mushrooms	1 pack
▪ Baby potatoes	250g
▪ Parsley	1 pack
▪ Basil	1 handful
▪ Dried Oregano	1 jar

Dairy

▪ 55g Natural Yoghurt	1 tub
▪ Feta Cheese	50g
▪ Milk	1 pint
▪ Butter	1 tub
▪ Eggs	4

QTY.

Canned Goods and Sundries

▪ Tomato Puree	1 tube
▪ Cornflour	1 bag
▪ Vegetable stock cubes	1 pack
▪ Wholegrain rice	100g

QTY.

- Wholewheat Noodles 100g
- Wholewheat Spaghetti 100g
- Reduced Sodium Soy Sauce 1 bottle
- Black pepper 1 jar
- Honey 1 jar
- Fish Sauce 1 bottle
- Rapeseed Oil 1 bottle
- Olive Oil 1 bottle
- Chilli Powder 1 small jar
- Paprika 1 small jar
- Balsamic Vinegar 1 bottle
- Worcestershire Sauce 1 bottle
- Red wine vinegar 1 bottle
- Wholegrain Mustard 1 jar
- Hot Sauce 1 bottle
- Orange Juice 120mls
- Chopped tomatoes 1 can

Notes

