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 safefood

Operation Transformation

Week 8 - Main Meals Shopping List

Day	Date	Recipe
46	20 February (Monday)	Szechuan Pork Noodles
47	21 February (Tuesday)	Peanut Butter Chicken
48	22 February (Wednesday)	Creamy Haddock and Mushroom Bake
49	23 February (Thursday)	Marinated Steak and Baked Potato

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 Steak 250g
- Haddock Fillets 2 x 150g
- Chicken breasts 2

Vegetables / Fruits / Herbs

QTY.

- Rooster Potatoes 400g
- Potatoes 250g
- Bok Choy 1 head
- Scallions 2
- Spring Onions 1 bunch
- Red pepper 1
- Mushrooms 1 pack

- Spinach 1 bag
- Red chilli 1
- Coriander 1 bunch
- Chinese five spice 1 jar

Dairy

QTY.

- Light cream cheese 1 tub

Canned Goods and Sundries

QTY.

- Wholewheat Spaghetti 100g
- Wholegrain rice 60g
- Coconut Milk 1 can
- Peanut butter 1 jar
- Chopped Tomatoes 1 can
- Garam Masala Spice 1 jar
- Reduced Sodium Soy sauce 1 bottle
- Minced ginger 1 jar
- Grated ginger 1 jar
- Ginger 1 jar
- Olive Oil 1 bottle
- Rapeseed Oil 1 bottle
- Sweetcorn 1 can
- Honey 1 jar
- Oyster Sauce 1 bottle

Notes

