

RTÉ



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 safefood

Operation Transformation Shopping List

Week 1 – Main Meals

Day	Date	Recipe
1	11 January (Thursday)	Hake Red Pepper Sauce
2	12 January (Friday)	Spaghetti Bolognese
3	13 January (Saturday)	One Pot Chicken Rice
4	14 January (Sunday)	Baked Pork Tenderloin with Pineapple Salsa

Meat / Fish / Poultry

Quantity

Minced Beef Extra Lean	200g
Pork Tenderloin	500g
Chicken Fillets	2
Hake	300g

Vegetables /Fruit /Herbs

Quantity

Potatoes	250g
Baby Potatoes	250g
Green Beans	200g
Carrots	2
Garlic	4 cloves
Cherry Tomatoes	200g
Onions	2
Scallions	2
Red Pepper	1
Green Peppers	2
Yellow Pepper	1
Cucumbers	2
Spinach	50g
Coriander	1 small bunch

Canned Goods / Sundries

Quantity

Jar of Roasted Red Peppers	1 small jar
Chopped Tomatoes	50g
Chopped Pineapple	175g
Wholewheat Spaghetti	100g
Wholegrain Rice	100g
Chicken Stock Cubes	1 packet

Dairy

Quantity

Cooking Cream	1 small carton (2 tbsp needed)
Semi Skimmed Milk	1 pint
Butter	1 small tub

Staples

Many of these ingredients will become cupboard staples and used in future recipes.

You may have these in your press already!

Rapeseed Oil	1 bottle
Olive Oil	1 bottle
White Wine Vinegar	1 bottle
Honey	1 jar
Tomato Puree	1 tube
Basil	10g
Chilli Powder	1 jar
Plain Flour	1 bag
Black Pepper	1 jar
Paprika	1 jar
Smoked Paprika	1 jar
Parsley (dried)	1 jar
Ground Cumin	1 jar