



Celebrity Operation Transformation

Week 2 - Main Meals Shopping List

Day	Date	Recipe
8	Monday 4 Sept	Paprika pork steak
9	Tues 5 Sept	South American stir fry
10	Wed 6 Sept	Aubergine pepper pasta with garlic and chilli
11	Thurs 7 Sept	Mango chicken
12	Fri 8 Sept	Pan fried prawns with chorizo potatoes
13	Sat 9 Sept	Five minute goat's cheese and beetroot salad
14	Sun 10 Sept	Baked pork tenderloin with pineapple salsa

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.
• Chicken Breasts	2
• Uncooked Prawns (fresh or de-frosted)	160g
• Sirloin steak	2 x 125g each
• Pork steak	750g
• Chorizo	1 small pack

Vegetables/ Fruits / Herbs**QTY.**

- Spinach 250g
- Tomatoes 1
- Frozen Peas 200g
- Cherry Tomatoes 25
- Yellow Pepper 1
- Red Pepper 2
- Orange Pepper 1
- Red Onion 1
- Spring onions 1 bunch
- Potatoes 550g
- Sweet potatoes 400g
- Baby potatoes 550g
- Green Beans 600g
- Baby Potatoes 550g
- Pineapple 1
- Aubergine 1
- Cucumber 2
- Red chilli 1
- Garlic 1 bulb
- Coriander 1 bunch
- Parsley 1 bunch
- Dried Oregano 1 pack

Dairy**QTY.**

- Parmesan Cheese 1 small tub
- Natural Yoghurt 1 small tub
- Goat's cheese 120g

Canned Goods and Sundries**QTY.**

- Mango Chutney 1 jar
- Olive Oil 1 bottle
- Rapeseed Oil 1 bottle
- Reduced sodium Soy sauce 1 bottle
- Wholegrain Mustard 1 jar
- Worcestershire Sauce 1 bottle
- Honey 1 jar
- Beetroot 1 jar
- Wholewheat Pasta 100g
- Wholegrain rice 80g
- Ground cumin 1 small pack
- Chilli powder 1 small pack
- Basil Pesto 1 small jar
- White wine vinegar 1 small bottle
- Balsamic vinegar 1 small bottle
- Paprika 1 jar
- Smoked Paprika 1 jar

Notes

