



Operation Transformation Shopping List

Week 2 – Main Meals

Day	Date	Recipe
5	15 January (Monday)	Spicy Pork Vegetable Stir-Fry
6	16 January (Tuesday)	Fillet Steak with Fried Mushroom & Creamy Spinach
7	17 January (Wednesday)	Chicken Parmesan
8	18 January (Thursday)	Cod with Roasted Red Pepper Sauce
9	19 January (Friday)	Singapore Noodles
10	20 January (Saturday)	Pasta with Creamy Sun-Dried Tomato Sauce
11	21 January (Sunday)	Lemon & Rosemary Roast Chicken

Meat / Fish / Poultry

Quantity

Fillet Steaks	2
Chicken Breasts	4
Whole Chicken	1 (approx 400g)
Cod Fillets	2 x 150g

Vegetables/Fruit /Herbs

Quantity

Potatoes	500g
Baby Potatoes	150g
Green Beans	500g
Carrots	6
Garlic	10 cloves
Onions	2

Green Cabbage	150g
Red Pepper	1
Coriander	10g
Spinach	100g
Fresh Chilli	1
Kale	50g
Mushrooms	550g
Parsley	1 bunch
Tomatoes	340g
Beansprouts	225g
Broccoli	450g
Lime	1
Lemon	1
Rosemary	1 bunch

Canned Goods / Sundries	Quantity
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Sun-Dried Tomatoes	1 jar
Wholegrain Rice	1 bag
Wholemeal Penne Pasta	1 bag
Wholewheat Noodles	1 packet
Roasted Red Peppers	1 jar

Dairy	Quantity
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Cooking Cream	100ml plus 4 tbsp
Low Fat Milk	1 pint
Semi Skimmed Milk	2 tbsp
Butter	1 small tub
Grated Mozzarella	20g
Grated Parmesan	1 bag (3 tsp needed)

Staples

**Many of these ingredients will become cupboard staples and used in future recipes.
You may have these in your press already!**

Honey	1 jar
Fish Sauce	1 bottle
Tomato Puree	1 tube
Light Soy Sauce	1 bottle
Reduced Sodium Soy Sauce	1 bottle
Rapeseed Oil	1 bottle
Olive Oil	1 bottle
Cumin	1 jar
Dried Oregano	1 jar
Chilli Flakes (optional)	1 jar
Chilli Powder	1 jar