



Celebrity Operation Transformation

Week 3 - Main Meals Shopping List

Day	Date	Recipe
15	Monday 11 Sept	Spicy pork and veg stir fry
16	Tues 12 Sept	Zesty chicken drumsticks with mixed salad
17	Wed 13 Sept	Spaghetti Bolognese
18	Thurs 14 Sept	Peanut butter chicken
19	Fri 15 Sept	Baked cod with citrus salad
20	Sat 16 Sept	Vegetable lasagne
21	Sun 17 Sept	Rosemary and lemon roast chicken

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
• Chicken drumsticks	6
• Whole chicken (approx. 1.5kg)	1
• Minced beef (extra lean)	200g
• Fresh cod fillets	2 x 150g each

Vegetables/ Fruits / Herbs**QTY.**

• Spinach	175g
• Tomatoes	200g
• Courgette	2
• Cherry Tomatoes	550g
• Carrots	6
• Mixed greens	1 small bag
• Green Pepper	1
• Red Pepper	1
• Brown Onions	3
• Potatoes	250g
• Baby Potatoes	250g
• Broccoli florets	150g
• Green cabbage (small)	1
• Celery	1 head
• Cucumber	1
• Green Beans	1 pack
• Sweet Potato	1
• Garlic	1 bulb
• Orange	2
• Lemon	1
• Lime	1
• Pink grapefruit	1
• Rosemary	1 small bunch
• Red chilli	2
• Coriander	1 bunch
• Basil	1 bunch
• Savoy Cabbage	1 head

Dairy

- | | QTY. |
|------------------------------|-------------|
| • Ricotta cheese | 250g |
| • Mozzarella cheese (grated) | 80g |
| • Parmesan cheese | 30g |

Canned Goods and Sundries

- | | QTY. |
|-----------------------------|----------------|
| • Light soy sauce | 1 bottle |
| • Low sodium soy sauce | 1 bottle |
| • Olive Oil | 1 bottle |
| • Rapeseed Oil | 1 bottle |
| • Wholegrain Mustard | 1 jar |
| • Honey | 1 jar |
| • Canned tomatoes | 1 |
| • Tomato purée | 1 tube |
| • Natural peanut butter | 1 jar |
| • Coconut milk | 1 small can |
| • Wholewheat spaghetti | 100g |
| • Wholewheat lasagne sheets | 160g |
| • Smoked Paprika | 1 jar |
| • Paprika | 1 jar |
| • Ground cumin | 1 jar |
| • Garam masala spice | 1 jar |
| • Chilli powder | 1 jar |
| • Balsamic vinegar | 1 small bottle |
| • White wine vinegar | 1 bottle |

Notes