



Celebrity Operation Transformation

Week 4 - Main Meals Shopping List

*Please note this list does not include Breakfast, Lunch or Snack options.

Day	Date	Recipe
22	Monday 18 Sept	Chicken Enchiladas
23	Tues 19 Sept	Smokey Pork Chops
24	Wed 20 Sept	Spinach and Feta Frittata
25	Thurs 21 Sept	Marinated Steak
26	Fri 22 Sept	Spiced Haddock with Coriander Sauce
27	Sat 23 Sept	Curried Chickpea and Sweet Potato Burger
28	Sun 24 Sept	Roast Beef

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	2 x 125g
• Topside Beef / Housekeepers Cut	500g
• Pork loin Chops	2
• Fresh Haddock fillets	2 x 150g

Vegetables/ Fruits / Herbs**QTY.**

• Baby Spinach	50g
• Tomatoes	2
• Courgette	1
• Cherry Tomatoes	100g
• Carrots	3
• Yellow Pepper	1
• Red Pepper	3
• Green Pepper	1
• Brown Onions	3
• Potatoes	450g
• Rooster Potatoes	400g
• Baby Potatoes	300g
• Green Beans	250g
• Sweet Potatoes	250g
• Mushrooms	50g
• Broccoli	200g
• Spring onions	1 bunch
• Butterhead lettuce	1 head
• Garlic	1 bulb
• Rosemary	2 sprigs
• Basil	1 bunch
• Coriander	1 bunch
• Mint	1 bunch
• Root ginger	50g
• Limes	2

Dairy

- Grated cheddar
- Eggs
- 3% fat Natural Yoghurt
- Feta Cheese
- Milk
- Butter

QTY.

10g
5
1 small tub
50g
1 Small Carton
2 Tbsp

Canned Goods and Sundries

- Olive Oil
- Rapeseed Oil
- Chickpeas
- Honey
- Crushed tomatoes
- Sweetcorn
- Black beans
- Wholemeal wraps, large
- Smoked Paprika
- Balsamic vinegar
- Plain flour
- Chicken stock cubes
- Vegetable stock cubes
- Beef stock cubes
- Couscous
- Oyster sauce
- Reduced sodium soy sauce
- Curry Paste
- Chilli powder
- Garlic powder
- Ground cumin
- Taco spice mix

QTY.

1 bottle
1 bottle
1 can
1 jar
1 can / jar
1 can
1 can
2
1 jar
1 small bottle
1 pack
1 pack
1 pack
1 pack
100g
1 bottle
1 bottle
1 small jar
1 jar
1 jar
1 jar
1 pack

Notes