



Operation Transformation Shopping List

Week 3 – Main Meals

Day	Date	Recipe
12	22 January (Monday)	Chicken Enchiladas
13	23 January (Tuesday)	Beef Kofta Wrap
14	24 January (Wednesday)	Spiced Haddock with Coriander Sauce
15	25 January (Thursday)	Mixed Pepper Frittata
16	26 January (Friday)	Fish & Chips
17	27 January (Saturday)	Aoife's Cottage Pie
18	28 January (Sunday)	Roast Chicken

MEAT/FISH

Mince Beef Extra Lean
 Whole Chicken
 Haddock Fillets
 Cod Fillets

QUANTITY

600g
 1
 2 x 150g
 2 x 150g

VEG/FRUIT/HERBS

Onions
 Garlic Cloves
 Potatoes
 Red Peppers
 Green Peppers
 Yellow Peppers
 Courgette
 Tomatoes
 Spinach
 Lime
 Coriander
 Peas
 Carrots

QUANTITY

4
 5
 1200g
 3
 2
 2
 1
 7
 50g
 1
 2 bunches
 250g (fresh or frozen)
 5

Parsnips	2
Celery	2 sticks
Baby Gem Lettuce	70g

DAIRY	QUANTITY
Low Fat Milk	50ml
Grated Cheddar	60g
3% Natural Yoghurt	110g
Eggs	6

CANNED GOODS & SUNDRIES	QUANTITY
Chicken Stock	1 packet
Vegetable Stock	1 cube
Crushed Tomatoes	150g
Can Black Beans	400g
Wholemeal Wraps	Packet
Couscous	100g
Breadcrumbs	75g

Staples

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

Tomato Puree	1 tube
Worcestershire Sauce	1 bottle
Mango Chutney	1 jar
Mint	1 jar
Tikka Curry Paste	1 jar
Garlic Powder	Various
Chilli Powder	1 jar
Ground Cumin	1 jar
Plain Flour	100g
Balsamic Vinegar	1 bottle
Rapeseed Oil	1 bottle
Olive Oil	1 bottle
Paprika	1 jar
Taco Spice Mix	1 packet
Ginger	1 jar
Honey	1 jar
Butter	1 small tub