



Operation Transformation Shopping List

Week 5 – Main Meals

Day	Date	Recipe
26	5 February (Monday)	Pork Potato Cakes & Spinach Salad
27	6 February (Tuesday)	Chicken Pesto Pasta
28	7 February (Wednesday)	Turkey Fajita Rice Bowl
29	8 February (Thursday)	Ricotta & Tomato Frittata
30	9 February (Friday)	Prawn & Black Bean Tacos
31	10 February (Saturday)	Beef Casserole
32	11 February (Sunday)	Rosemary Steak with Green Beans and Mushrooms

MEAT/FISH	QUANTITY
Stewing Beef	250g
Chicken Fillets	2
Turkey Breast	300g
Prawns (fresh or frozen)	160g
Sirloin Steaks	2 x 125g
VEG/FRUIT/HERBS	QUANTITY
Onions	3
Scallions	2
Red Onion	1
Garlic Cloves	3
Spinach	50g
Avocado	2
Potatoes	450g
Baby Potatoes	200g
Red Pepper	2
Green Peppers	1

Yellow Pepper	2
Spinach	150g
Tomatoes	200g plus 4 medium
Cherry Tomatoes	50g plus 8
Fresh Thyme	1 bunch
Rosemary	4 Sprigs
Button Mushrooms	200g
Cucumbers	2
Green Beans	200g
Bay Leaf	1
Carrots	2
Turnip	1 (half a turnip needed)
Celery Sticks	2
Limes	2
Coriander	2 bunches

DAIRY

Butter	1 small tub
Sour Cream	1 pot (1 tbsp needed)
Eggs	5
Light Cream Cheese	1 jar
Ricotta Cheese	65g

QUANTITY

CANNED GOODS & SUNDRIES

Beef Stock	1 Packet (1 cube needed)
Sweetcorn	2 Small Cans
Chicken Stock	1 Packet
Can Black Beans	1 Can
Wholewheat Pasta	100g
Wholegrain Rice	200g
Breadcrumbs	50g
Fajita Seasoning	1 Packet
Corn Tortillas	1 Packet

QUANTITY

Staples

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

Dried Thyme	1 Jar
Dijon Mustard	1 Jar
Dried Dill	1 Jar
Basil Pesto	1 Jar
BBQ Sauce	1 Bottle
Chilli Powder	1 Jar
Cayenne Pepper	1 Jar
Ground Cumin	1 Jar

Plain Flour	1 Bag
Tomato Puree	1 Tube
Rapeseed Oil	1 Bottle
Olive Oil	1 Bottle
Parsley	1 Jar (1 handful needed)
Butter	1 small tub