



Operation Transformation Shopping List

Week 7 – Main Meals

Day	Date	Recipe
40	19 February (Monday)	Beef Satay
41	20 February (Tuesday)	Pan-Fried Prawns & Chorizo Potatoes
42	21 February (Wednesday)	Creamy Mushroom Pasta
43	22 February (Thursday)	Mustard Baked Salmon
44	23 February (Friday)	Teriyaki Chicken & Vegetable Stir-Fry
45	24 February (Saturday)	Pork Chops with Apple Sauce
46	25 February (Sunday)	Steak & Garlic Mash

MEAT/FISH	QUANTITY
Sirloin OR Fillet Steak	250g
Pork Chops	2
Chorizo	40g
Chicken Fillets	2
Prawns (fresh or frozen)	160g
Salmon Fillets	2

VEG/FRUIT/HERBS	QUANTITY
Onions	2
Red Onion	1
Garlic Cloves	2
Savoy Cabbage	Half Head
Spinach	125g
Potatoes	500g
Baby Potatoes	250g
Salad Potatoes	300g
Green Beans	200g
Red Pepper	1
Yellow Pepper	1
Parsnip	1

Broccoli	350g
Cooking Apples	2
Mushrooms	150g
Kale	120g
Rosemary	1 sprig
Carrot	5
Coriander	1 small bunch
Lemon	1
Beansprouts	150g

DAIRY	QUANTITY
Semi Skimmed Milk	1 carton
3% Fat Natural Yoghurt	1 pot
Light Cream Cheese	1 tub

CANNED GOODS & SUNDRIES	QUANTITY
Low Sodium Vegetable Stock	1 Pack
Beef Stock	1 Pack
Chicken Stock	1 Pack
Wholewheat Pasta	120g
Wholegrain Rice	220g

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

Wholegrain Mustard	1 Jar
Sage	1 Jar
Dried Oregano	1 Jar
Honey	1 Jar
White Wine Vinegar	1 Bottle
Reduced Sodium Soy Sauce	1 Bottle
Dill	1 Jar
Worcestershire Sauce	1 Bottle
Rapeseed Oil	1 Bottle
Olive Oil	1 Bottle
Crunchy Peanut Butter	1 Jar
Hot Sauce	1 Bottle
Teriyaki Sauce	1 Bottle
Butter	1 small tub