

Operation Transformation Shopping List

Week 2 – Main Meals

Thursday 14th January - Pork & Carrot Stir-fry

Friday 15th January - Cheesy Cod with Cherry Tomatoes & Mustard Mash

Saturday 16th January - Crispy Tofu with Stir-Fried Noodles & Pak Choy

Sunday 17th January - Chicken Fajitas (ingredients include dinner for 2 and then lunch for 2 with no wrap)

Monday 18th January - Veggie Quesadilla

Tuesday 19th January - Greek Pork Skewers

Wednesday 20th January - Beef & Pepper Stir-fry

FRUIT & VEGETABLES

Baby new potatoes (450g)
Baby spinach leaves (210g)
Carrots (4)
Cherry tomatoes (10)
Cherry tomatoes on the vine (200g)
Cucumber (½)
Fine green beans (200g)
Fresh chives (10g)
Fresh coriander (20g)
Fresh dill (5g)
Fresh oregano (5g or 1 teaspoon dried)
Garlic (10 cloves)
Lemon (1 small)
Limes (1 ½)
Mild red chillies (optional - 2)
Onions (1 small + 1 regular)
Pak choy (100g)
Potatoes (250g)
Red onions (2 ½ small)
Red peppers (7)
Root ginger (7cm piece)
Scallions (5)
Sugar snap peas (150g)
Tomatoes (4)
Yellow peppers (2)

FRESH PRODUCE

Butter (15g)
Cheddar cheese (75g)
Chicken fillets (skinless - 4)
Cod fillets (skinless - 2 x 150g)
Firm tofu (200g)

Greek-style yoghurt (75ml)
Lean pork loin (250g)
Low fat milk (1.5% fat – 50ml)
Natural yoghurt (70g)
Pork loin chops (2)
Salsa (30g)
Sirloin steak (200g lean)

DRIED GOODS

Apple cider vinegar (15g)
Chinese five-spice powder (5g)
Coconut milk (160g tin)
Dijon mustard (5g)
Dried chilli flakes (7.5g)
Dried wholewheat noodles (100g)
Ground cumin (20g)
Freshly ground black pepper
Kidney beans (225g tin)
Mayonnaise (10g)
Toasted sesame oil (5g)
Paprika (sweet or smoked – 10g)
Rapeseed oil (125g)
Reduced sodium soy sauce (25g)
Salt (optional)
Sriracha chilli sauce (optional - 10g)
Vinaigrette salad dressing (15g – or make your own see recipe & add ingredients)
Wholegrain brown rice (80g)
Wholegrain mustard (10g)
Wholemeal wraps (4)