

Operation Transformation Shopping List

Week 3 – Main Meals

Thursday 21st January - Chicken Arrabbiata

Friday 22nd January - Kathryn's Mango Fish Curry

Saturday 23rd January - Vicki's Sunshine Buddha Bowl

Sunday 24th January - Chicken Broccoli Carbonara

Monday 25th January - Caroline's Spicy Beans on Flatbreads

Tuesday 26th January - Stir-Fried Chicken Noodles

Wednesday 27th January - Lynsey's Chicken & Soba Noodles

FRUIT & VEGETABLES

Avocado (1)
Baby spinach leaves (150g)
Beansprouts (50g)
Carrots (2)
Courgette (1)
Garlic (6 cloves)
Fresh coriander (40g)
Fresh oregano (5g or use 1 teaspoon dried)
Green beans (200g)
Lemon (½)
Lemongrass stalk (1)
Limes (3)
Mango (1 small)
Mild red chillies (optional - 3)
Onions (2 small)
Pak choy (250g)
Red onion (3 small)
Red peppers (5)
Rocket (25g)
Root ginger (2.5cm piece)
Scallions (2)
Shallot (1)
Sugar snap peas (200g)
Sweet potato (1 small)
Tenderstem broccoli (300g)
Tomatoes (2)
Yellow pepper (1)

FRESH PRODUCE

Chicken fillets (skinless - 4)
Chicken thighs (bone in & skinless - 2 x 125g)
Cooked chicken pieces (100g)

Eggs (7)
Hake fillets (boneless and skinless - 300g)
Parmesan (10g)
Smoked bacon lardons (50g)

DRIED GOODS

Black-eyed beans (400g tin)
Chicken stock cube (reduced sodium -1)
Cherry tomatoes (400g tin)
Chopped tomatoes (400g tin)
Dried chilli flakes (5g)
Dried wholewheat noodles (100g)
Freshly ground black pepper
Ground cumin (5g)
Honey (5g)
Jalapeños (from a jar- optional - 4-6)
Light coconut milk (tinned 300g)
Mixed seeds (5g)
Rapeseed oil (85g)
Reduced sodium soy sauce (45g)
Rice vinegar (15g)
Salt (optional)
Sesame oil (5g)
Smoked paprika (10g)
Soba noodles (100g)
Sweet chilli sauce (30g)
Toasted sesame seeds (5g)
Tomato ketchup (30g)
White wine vinegar (5g)
Wholegrain brown rice (80g)
Wholemeal cous cous (60g)
Wholemeal flatbreads (2 x 35g each)
Wholewheat spaghetti (180g)