

## Operation Transformation Shopping List

### Week 2 – Main Meals

**Thursday 12<sup>th</sup> January - Pork & Carrot Stir-Fry**

**Friday 13<sup>th</sup> January - Fish & Chips**

**Saturday 14<sup>th</sup> January - Peanut Butter Chicken Curry**

**Sunday 15<sup>th</sup> January – Italian Roast Chicken**

**Monday 16<sup>th</sup> January - Spicy Potato & Chickpea Patties**

**Tuesday 17<sup>th</sup> January - Chicken & Cherry Tomato Spaghetti**

**Wednesday 18<sup>th</sup> January - Stefano's Creamy Chicken & Mushroom Pasta**

**\*note: check items marked in red as you may already have in your storecupboard**

#### **FRUIT & VEGETABLES**

Baby potatoes (400g)

Baby spinach leaves (280g)

Basil (10g)

Butternut squash (100g cubes)

Carrots (4 + 3 large)

Cherry tomatoes (500g)

Chives (10g)

Coriander (5g)

Garlic (12 cloves)

Lemongrass stalk (1)

Lemons (1 ½)

Lime (1)

Long sweet red pepper (1)

Mushrooms (200g)

Onions (2 + 2 small)

Potatoes (500g)

Red chillies (3)

Root ginger (5cm piece)

Rosemary (2 sprigs)

Salad leaves (mixture of watercress, rocket & spinach – 100g)

Scallions (4)

Turnip (1)

#### **FRESH & FROZEN PRODUCE**

Bacon rasher (1 lean)

Butter (10g)

Chicken (1.5kg whole)

Chicken fillets (4 x boneless and skinless)

Cod fillets (250g skinned and boneless)

Egg (1)

Fresh white breadcrumbs (30g)

Light cream cheese (125g)  
Low fat milk (1.5% fat – 30g)  
Parmesan (25g)  
Peas (80g frozen)  
Pork loin chops (2)  
Natural yoghurt (30g)

## **DRIED GOODS**

Balsamic vinegar (30g)  
Chickpeas (400g tin)  
Dried chilli flakes (7.5g)  
Freshly ground black pepper  
Ground coriander (5g)  
Ground cumin (12.5g)  
Ground turmeric (7.5g)  
Honey (5g)  
Italian seasoning (5g)  
Light coconut milk (200g tinned)  
Mild curry paste or powder (2.5g)  
Mustard (15g)  
Natural peanut butter (no added sugar or salt - 23g)  
Plain flour (55g)  
Porridge oats (30g)  
Rapeseed oil (130g)  
Reduced sodium soy sauce (30g)  
Salt (optional)  
Sweet chilli sauce (5g)  
Tomato puree (15g)  
Wholegrain rice (160g)  
Wholemeal pitta breads (2 x 50g)  
Wholewheat penne pasta (100g)  
Wholewheat spaghetti (130g)  
Vinaigrette salad dressing (15g - shop-bought or make batch of your own)