

Operation Transformation Shopping List

Week 3 – Main Meals

Thursday 19th January - Honey Soy Pork Chops with Broccoli & New Potatoes

Friday 20th January - Chunky Fish Cakes

Saturday 21st January - Cottage Pie

Sunday 22nd January – Italian Roast Chicken

Monday 23rd January - Caramelised Onion & Garlic Pasta with Spinach

Tuesday 24th January - Chicken & Chorizo Pasta

Wednesday 25th January - Sticky Trout with Coconut Veggie Noodles

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

FRUIT & VEGETABLES

Baby potatoes (700g)
Baby plum or cherry tomatoes (20)
Baby spinach leaves (150g)
Basil (5g)
Broccoli (1 large head)
Carrots (2 + 3 large)
Celery (2 sticks)
Courgettes (2)
Coriander (5g)
Cucumber (¼)
Flat-leaf parsley (20g)
Garlic (6 cloves)
Green beans (50g)
Lemons (1½)
Mangetout (100g)
Onion (1)
Potatoes (650g)
Red onion (1 small)
Rosemary (2 fresh sprigs)
Scallions (1 bunch)
Sugar snap peas (50g)
Tenderstem broccoli (200g)
Turnip (1)
Yellow pepper (1)

FRESH & FROZEN PRODUCE

Butter (45g)
Chicken (1.5kg whole)
Chorizo (uncooked – 30g)
Chicken fillets (2 skinless and boneless)
Egg (1)

Fish fillets (200g boneless white and or smoked fish or salmon)
Gran Moravia cheese (vegetarian style Parmesan – 10g)
Low fat milk (1.5% fat – 70g)
Peas (100g frozen)
Pork chops (2 large lean boneless)
Steak mince (200g lean)
Trout fillets (2 x 150g)

DRIED GOODS

Apple cider vinegar (10g)
Balsamic vinegar (30g)
Chopped tomatoes (400g tin)
Dried chilli flakes (2.5g)
Freshly ground black pepper
Honey (15g)
Italian seasoning (5g)
Light coconut milk (400g tin)
Mustard (5g)
Panko breadcrumbs (50g)
Plain flour (45g)
Rapeseed oil (55g)
Reduced sodium chicken stock cube (½ a cube)
Reduced sodium soy sauce (30g)
Dried rice noodles (100g)
Salt (optional)
Sesame seeds (5g)
Sun-dried tomatoes (60g)
Thai green curry paste (10g)
Tomato puree (7.5g)
Wholewheat penne pasta (80g)
Wholewheat spaghetti 150g
Worcestershire sauce (15g)