

## Operation Transformation Shopping List

### Week 4 – Main Meals

**Thursday 26<sup>th</sup> January - Salmon & Sweetcorn Chowder**

**Friday 27<sup>th</sup> January - Veggie Pizza with Goat's Cheese**

**Saturday 28<sup>th</sup> January - Lasagne**

**Sunday 29<sup>th</sup> January – Italian Roast Chicken**

**Monday 30<sup>th</sup> January - Niamh's Roasted Gnocchi, Cherry Tomatoes & Veggie Sausages**

**Tuesday 31<sup>st</sup> January - Sarah's Spaghetti Bolognese**

**Wednesday 1<sup>st</sup> February - Tuna Pasta Bake**

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

#### **FRUIT & VEGETABLES**

Baby new potatoes (400g)  
Baby spinach leaves (470g)  
Basil (5g)  
Carrots (4 + 3 large)  
Celery (6 sticks)  
Cherry tomatoes (20)  
Chives (5g)  
Cucumber ( $\frac{3}{4}$ )  
Dill (15g)  
Flat-leaf parsley (15g)  
Garlic (7 cloves)  
Lemon (1)  
Mushrooms (340g)  
Onions (3 + 3 small)  
Potato (225g)  
Red onion (1 small)  
Red pepper (1)  
Tomatoes (6)  
Rosemary (2 sprigs)  
Turnip (1)

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

Baby mozzarella balls (bocconcini – 240g carton or use regular mozzarella ball)  
Bacon rashers (2 lean)  
Butter (40g)  
Chicken (1.5kg whole)  
Half fat crème fraiche (200g)  
Fresh gnocchi (250g packet)  
Goat's cheese (150g fresh)  
Lean minced beef (700g)

Low fat milk (1.5% fat – 300ml)  
Natural yoghurt (400g)  
Parmesan cheese (freshly grated - 65g)  
Peas or petit pois (200g frozen)  
Pizza base (such as Pizza da Piero – 140g)  
Sweetcorn (200g frozen)  
Vegetarian sausages (2 x Thanks Plants sundried tomato & herb – about 150g)

## **DRIED GOODS**

Alaskan salmon in spring water (210g tin)  
Balsamic vinegar (30g)  
Black olives (25g pitted)  
Chopped tomatoes (2 x 400g tins)  
Freshly ground black pepper  
Honey (5g)  
Lasagne sheets (250g)  
Italian seasoning (25g)  
Mustard (20g)  
Panko breadcrumbs (30g)  
Passata (500g carton or jar)  
Pizza sauce (100g from a tin or jar such as Mutti)  
Plain flour (30g)  
Rapeseed oil (125g)  
Reduced sodium chicken stock cubes (2)  
Salt (optional)  
Tomato puree (60g)  
Tuna in spring water (2 x 142g tins)  
Vinaigrette salad dressing (shop-bought – 45g or see separate recipe)  
Wholewheat pasta shapes (150g such as fusilli or penne)  
Wholewheat spaghetti (100g gluten free if necessary)