



Operation Transformation Shopping List

Week 4 – Main Meals

Day	Date	Recipe
19	29 January (Monday)	Chicken Pot Pie
20	30 January (Tuesday)	Pork & Green Beans
21	31 January (Wednesday)	Pasta Siciliana (V)
22	1 February (Thursday)	South American Stir-Fry
23	2 February (Friday)	Seared Salmon with Sautéed Lentils and Vegetables
24	3 February (Saturday)	Mango Chicken with Sweet Potato Wedges
25	4 February (Sunday)	Mustard Glazed Tenderloin Pork

MEAT/FISH	QUANTITY
Sirloin OR Fillet Steak	250g
Chicken Breasts	2
Salmon Fillets	2 x 120g
Pork Chops	2
Pork Tenderloin	500g

VEG/FRUIT/HERBS	QUANTITY
Onions	1
Red Onion	1
Garlic Cloves	7
Green Beans	400g
Orange Pepper	1
Potatoes	750g
Sweet Potato	400g
Red Peppers	1
Green Peppers	1

Yellow Pepper	1
Fresh Ginger (grated)	1 Knob
Tomatoes	3
Coriander Leaves	1 Handful
Mushrooms	4
Courgette	1
Peas (Fresh or Frozen)	250g
Carrots	9
Fresh Basil (optional)	1 Pack
Celery	3 Sticks
Kale	100g
Turnip	1
Orange Juice	100ml

DAIRY	QUANTITY
Low Fat Milk	150ml
3% Natural Yoghurt	1 Tub

CANNED GOODS & SUNDRIES	QUANTITY
Chicken Stock	1 Pack
Vegetable Stock	1 Pack
Tin Chopped Tomatoes	200g
Wholewheat Pasta	1 Bag
Wholegrain Rice	1 Bag
Kidney Beans	400g
Canned Lentils	100g

Staples

Many of these ingredients will become cupboard staples and used in future recipes. You may have these in your press already!

Butter	1 Small Tub
Hot Sauce	1 Bottle
Reduced Sodium Soy Sauce	1 Bottle
Wholegrain Mustard	1 Jar
Rice Wine	1 Bottle
Red Wine Vinegar	1 Bottle
Puff Pastry Sheets	1 Packet
Cornflour	1 Bag
Chilli Powder (optional)	1 Jar
Chilli Flakes	1 Jar
Ground Cumin	1 Jar
Plain Flour	4 tsp
Balsamic Vinegar	1 Bottle

Rapeseed Oil	1 Bottle
Olive Oil	1 Bottle
Mango Chutney	1 Jar
Dried Oregano	1 Jar
Worcestershire Sauce	1 Bottle