



Operation Transformation Shopping List

Week 3 – Main Meals

DAY	DATE	RECIPE
15	24 January (Thursday)	Chicken Goujons with Potato Wedges
16	25 January (Friday)	Creamy Prawn & Courgette Pasta
17	26 January (Saturday)	Easy Shepherd's Pie
18	27 January (Sunday)	Roast Pork Ratatouille
19	28 January (Monday)	Creamy Mushroom Pasta
20	29 January (Tuesday)	Turkey & Butternut Squash Curry
21	30 January (Wednesday)	Spicy Chicken & Rice Bowl

FRUIT AND VEGETABLES

Baby new potatoes (250g)
Butternut squash (1)
Carrots (2)
Celery (sticks – 4)
Cherry tomatoes (small 400g + regular 100g)
Courgettes (1 large + 2 regular)
Floury potato, scrubbed (such as Rooster or Maris Piper – 500g) Fresh basil (15g)
Fresh oregano (2.5g or use dried)
Garlic (7 cloves)
Green beans (400g)
Green peppers (2)
Lemon (1/2)
Lime (1)
Mushrooms (chestnut or ordinary - 150g)
Onions (4)
Red chilli (optional - 1)
Spinach leaves (tender young - 125g)
Tomatoes (vine-ripened – 2)

FRESH PRODUCE

Butter (20g)
Cheddar cheese (30g)
Chicken fillets (skinless – 4)
Egg (1)
Light cream cheese (such as Philadelphia - 185g) Low fat milk (1.5% fat – 55ml)
Raw peeled tiger prawns (300g)
Soured cream (optional – 10g)
Turkey breast steaks (300g)
Lean Steak Mince (200g)

DRIED GOODS

Black beans (tin – 400g)
Chicken stock cube (reduced salt – 1/2)
Chopped tomatoes (tin – 400g)
Coconut milk (tin such as Thai Gold – 160g)
Dried white breadcrumbs (panko or use fresh white instead – 50g) Ground cumin (2.5g)
Crushed red chillies (optional - 5g)
Freshly ground black pepper
Ground cumin (2.5g)
Honey (7g)
Mild chilli powder (2.5g)
Olive oil (57g)
Paprika (2.5g)
Porridge oats (25g)
Rapeseed oil (10g)

Sea salt (optional – if using)
Shepherd's pie mix (packet – 1/2)
Soy sauce (reduced sodium -15g)
Thai fish sauce (optional – 10g)
Thai red curry paste (from a jar -15g)
Tomato puree (10g)
Vegetable stock cube (reduced salt - 1/2)
Wholegrain rice (80g + 100g or use 200g microwaveable sachet)
Wholewheat fusilli or penne pasta (120g)
Wholewheat fusilli pasta (100g)