

## Operation Transformation Shopping List

### Week 1 – Vegetarian Main Meals

**Thursday 5<sup>th</sup> January - Creamy Mushroom Pasta**

**Friday 6<sup>th</sup> January - Black Bean Burrito**

**Saturday 7<sup>th</sup> January - Veggie Quesadilla**

**Sunday 8<sup>th</sup> January – Crispy Tofu with Stir-Fried Noodles & Pak Choi**

**Monday 9<sup>th</sup> January - Moroccan Chickpea & Vegetable Stew**

**Tuesday 10<sup>th</sup> January - Potato & Egg Salad**

**Wednesday 11<sup>th</sup> January - Veggie Rice Hot Pot**

#### **FRUIT & VEGETABLES**

Baby new potatoes (350g)

Baby spinach leaves (155g)

Basil (10g)

Butterhead lettuce (1)

Carrots (2)

Cauliflower (½ small head - 200g florets)

Cherry tomatoes on the vine (10 + 10 regular)

Chives (10g)

Coriander (10g)

Cucumber (¼)

Garlic (8 cloves)

Lemons (1½)

Lime (1)

Mint (optional – 5g)

Mushrooms (340g)

Pak choi (100g)

Potato (1 large)

Red chilli (1)

Red onion (1 + 1 small)

Red peppers (4)

Root ginger (3cm)

Scallions (5)

Sugar snap peas (150g)

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

Cheddar cheese (65g)

Eggs (4 + 3 large)

Firm tofu (200g)

Light cream cheese (such as Philadelphia – 125g)

Natural yoghurt (40g)

Peas (50g frozen)

Salsa (shop-bought – 60g)

## **DRIED GOODS**

Apple cider vinegar (20g)

Black beans (400g tin)

Capers (15g)

Chickpeas (400g tin)

Chinese five-spice powder (5g)

Chopped tomatoes (400g tin + 200g tin or use ½ regular tin)

Dried chilli flakes (5g)

Freshly ground black pepper

Ground cumin (12,5g)

Italian seasoning (2.5g)

Kidney beans (400g tin)

Mustard (10g)

Rapeseed oil (135g)

Reduced sodium soy sauce (25g)

Reduced sodium vegetable stock cubes (2½)

Salt (optional)

Sesame oil (10g)

Wholegrain rice (125g)

Wholemeal wraps (4)

Wholewheat noodles (100g)

Wholewheat penne or fusilli pasta (120g)