

## Operation Transformation Shopping List

### Week 2 – Vegetarian Main Meals

Thursday 12<sup>th</sup> January - Spanakorizo with Feta Cheese

Friday 13<sup>th</sup> January - Veggie Satay Noodles

Saturday 14<sup>th</sup> January - Veggie Spag Bol

Sunday 15<sup>th</sup> January – Vegetarian Thai Green Curry

Monday 16<sup>th</sup> January - Spicy Potato & Chickpea Patties

Tuesday 17<sup>th</sup> January - Butternut Mac 'n' Cheese

Wednesday 18<sup>th</sup> January - Cauliflower & Potato Curry

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

#### **FRUIT & VEGETABLES**

Baby corn (100g)

Baby new potatoes (300g)

Baby spinach leaves (80g)

Butternut squash (2)

Carrot (1)

Cauliflower (1 small)

Celery stick (1)

Cherry tomatoes (6)

Chives (5g)

Coriander (10g)

Fennel bulb (1 small)

Garlic (6 cloves)

Green pepper (1)

Lemons (½ + 1 small)

Long sweet red pepper (1)

Mangetout (100g)

Mint (10g)

Mushrooms (100g)

Onion (2 + 3 small)

Potatoes (300g)

Red chilli (1)

Red peppers (2)

Root ginger (5cm piece)

Scallions (5)

Shallots (2)

Sugar snap peas (50g)

Yellow pepper (1)

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

Butter (15g)

Cheddar cheese (40g)

Feta cheese (75g)  
Gran Moravia cheese (vegetarian style Parmesan – 10g)  
Low fat milk (1.5% fat – 270g)  
Natural yoghurt (45g)  
Peas (80g frozen)  
Spinach (285g frozen)

#### DRIED GOODS

Balsamic vinegar (30g)  
Brown basmati rice (100g)  
Chickpeas (400g tin)  
Chopped tomatoes (400g tin + ½ regular tin)  
Coconut milk (160g tin)  
Dried chilli flakes (2.5g)  
Freshly ground black pepper  
Green lentils (400g tin)  
Ground allspice (2.5g)  
Ground cinnamon (2.5g)  
Ground turmeric (2.5g)  
Honey (5g)  
Italian seasoning (10g)  
Light coconut milk (200g tinned – ½ regular tin)  
Macaroni pasta 100g  
Mild curry paste or powder (12.5g)  
Mustard (10g)  
Natural peanut butter (no added sugar & salt – 5g)  
Natural skinned peanuts (10g)  
Plain flour (50g)  
Rapeseed oil (170g)  
Reduced sodium soy sauce (30g)  
Reduced sodium vegetable stock cubes (1½)  
Salt (optional)  
Thai green curry paste (30g)  
Tomato puree (92.5g)  
Vinaigrette salad dressing (shop-bought – 15g or see separate recipe)  
Wholegrain rice (160g)  
Wholemeal pitta breads (2 x 50g each, round)  
Wholewheat noodles (100g)  
Wholewheat spaghetti (gluten free if necessary - 100g)