

Operation Transformation Shopping List

Week 3 – Vegetarian Main Meals

Thursday 19th January - Peanut & Sweet Potato Curry

Friday 20th January - Sweet & Sour Vegetable & Cashew Nut Stir-Fry

Saturday 21st January - Meatless Shepherd's Pie

Sunday 22nd January – Courgette & Corn Chilli

Monday 23rd January - Caramelised Onion & Garlic Pasta with Spinach

Tuesday 24th January - Vegetable Fried Rice

Wednesday 25th January - Emily's Feta Cheese Couscous

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

FRUIT & VEGETABLES

Baby plum or cherry tomatoes (20)

Baby spinach leaves (150g)

Basil (5g)

Broccoli (1 head + 1 small head)

Carrots (4)

Celery (2 sticks)

Chives (15g)

Courgettes (3 + 1 small)

Coriander (5g)

Flat-leaf parsley (15g)

Garlic (9 cloves)

Green beans (550g)

Lemon (1)

Lime (½)

Mushrooms (200g)

Onions (2 + 1 small)

Pak choi (120g)

Potatoes (3 medium)

Red chilli (2)

Red onions (1 + 1 small)

Root ginger (3cm piece)

Sugar snap peas (100g)

Sweet potatoes (2 medium)

FRESH & FROZEN PRODUCE

Butter (45g)

Eggs (2 large)

Feta cheese (150g)

Gran Moravia cheese (vegetarian style Parmesan – 10g)

Low fat milk (1.5% fat – 60g)

Peas (100g frozen)

Quorn mince (fresh or frozen - 200g)
Sweetcorn (200g frozen)

DRIED GOODS

Apple cider vinegar (15g)
Balsamic vinegar (30g)
Black beans (400g tin)
Chopped tomatoes (400g tin)
Dried chilli flakes (12.5g)
Freshly ground black pepper
Ground cumin (15g)
Ground turmeric (5g)
Honey (20g)
Light coconut milk (400g tin)
Mild curry paste or powder (10g)
Natural skinned peanuts (45g)
Pineapple chunks in natural juice (435g tin)
Plain flour (15g)
Rapeseed oil (100g)
Reduced sodium soy sauce (55g)
Reduced sodium vegetable stock cube (1)
Salt (optional)
Tomato puree (22.5g)
Unsalted cashew nuts (50g)
Wholegrain rice (230g)
Wholemeal couscous (150g)
Wholewheat noodles (100g)
Wholewheat spaghetti (150g)