

Operation Transformation Shopping List

Week 5 – Main Meals

Thursday 4th February - Chicken Burrito with Spinach Salad (ingredients include dinner for 2 and then lunch for 2 with no wrap)

Friday 5th February - Jeeny's Asian Glazed Salmon with Broccoli Rice

Saturday 6th February - Beef & Pepper Stir-fry

Sunday 7th February - Chicken & Broccoli Bake

Monday 8th February – Claire's Spicy Tomato & Vegetable Casserole

Tuesday 9th February - Caramelised Onion & Bacon Pasta

Wednesday 10th February - Caramelised Onion & Spinach Tortilla

FRUIT & VEGETABLES

Baby new potatoes (200g)

Baby spinach leaves (240g)

Bay leaf (1)

Broccoli (800g)

Carrots (3)

Cauliflower (1 small)

Celery stick (1)

Cherry tomatoes (500g + 20 extra or use baby plum instead)

Cucumber (¼)

Curly kale (200g)

Garlic (5 cloves)

Fresh basil (10g)

Fresh parsley (5g)

Onions (1 small + 2 regular)

Potatoes (500g)

Mixed salad leaves (50g)

Red onions (2 + 1 small)

Red peppers (2)

Root ginger (5cm piece)

Scallions (3)

FRESH PRODUCE

Bacon rashers (rindless – 2)

Butter (35g)

Chicken fillets (skinless – 2)

Cheddar cheese (40g)

Fresh breadcrumbs (15g)

Low fat milk (1.5% fat – 135ml)

Cooked chicken (900g Rotisserie chicken)

Eggs (6)

Salmon fillets (skin on & boneless - 2 x 150g)

Salsa (60g)

Sirloin steak (lean – 200g)

DRIED GOODS

Balsamic vinegar (30g)

Chopped tomatoes (2 x 400g tins)

Coconut milk (160g tin)

Chilli powder (15g)

Dried chilli flakes (2.5g)

Freshly ground black pepper

Honey (60g)

Kidney beans (400g can)

Plain flour (15g)

Reduced sodium soy sauce (180ml)

Rice vinegar (120ml)

Rapeseed oil (60g)

Salt (optional)

Sriracha chilli sauce (optional - 10g)

Wholewheat fusilli or penne pasta (100g)

Wholewheat spaghetti (100g)

Wholemeal wraps (2)

Vegetable stock cube (reduced sodium – 1)