

RTÉ



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 safefood

Operation Transformation Shopping List

Week 6 – Main Meals

| Day | Date | Recipe |
|-----|-------------------------|---------------------------------|
| 33 | 12 February (Monday) | Chilli Cod with Roast Cabbage |
| 34 | 13 February (Tuesday) | Peanut Butter Chicken |
| 35 | 14 February (Wednesday) | Vegetable Lasagne |
| 36 | 15 February (Thursday) | Chicken Puttanesca |
| 37 | 16 February (Friday) | Prawn Fried Rice |
| 38 | 17 February (Saturday) | Butternut Squash & Lentil Curry |
| 39 | 18 February (Sunday) | Roast Beef |

| MEAT/FISH | QUANTITY |
|--------------------------------|----------|
| Topside Beef/Housekeeper's Cut | 500g |
| Chicken Fillets | 2 |
| Chicken Breasts | 2 |
| Prawns (fresh or frozen) | 160g |
| Cod Fillets | 2 x 150g |

| VEG/FRUIT/HERBS | QUANTITY |
|---------------------|-----------|
| Onions | 2 |
| Red Onion | 1 |
| Garlic Cloves | 5 |
| Aubergine | 1 |
| Baby Spinach Leaves | 100g |
| Potatoes | 250g |
| Baby Potatoes | 200g |
| Green Cabbage | Half Head |
| Orange Pepper | 1 |
| Yellow Pepper | 2 |
| Sugar Snap Peas | 200g |
| Cherry Tomatoes | 400g |
| Butternut Squash | 500g |
| Mushrooms | 100g |

| | |
|----------------|-----------------|
| Courgettes | 2 |
| Broccoli | 200g |
| Basil | 1 Bunch |
| Fresh Rosemary | 2 Sprigs |
| Carrot | 2 |
| Coriander | 2 Small Bunches |
| Celery | 2 Sticks |
| Lime | 1 |

| | |
|------------------------|-----------------|
| DAIRY | QUANTITY |
| Egg | 1 |
| 3% Fat Natural Yoghurt | 40g |
| Grated Parmesan | 50g |
| Grated Mozzarella | 80g |
| Ricotta Cheese | 250g |

| | |
|------------------------------------|-----------------|
| CANNED GOODS & SUNDRIES | QUANTITY |
| Low Sodium Veg Stock | 1 Pack |
| Beef Stock | 1 Pack |
| Can Chopped Tomatoes | 300g |
| Can Crushed Tomatoes | 350g |
| Red Chilli | 1 |
| Wholewheat Spaghetti | 100g |
| Wholewheat Lasagne Sheets | 160g |
| Wholegrain Rice | 1 Packet |
| Sun-Dried Tomatoes | 1 Jar |
| Red Lentils | 50g |
| Coconut Milk | 1 Can |

Staples

Many of these ingredients will become cupboard staples and used in future recipes. You may have these in your press already!

| | |
|--------------------------|----------|
| Grated Ginger | 1 Jar |
| Honey | 1 Jar |
| Garam Masala Spice | 1 Jar |
| Reduced Sodium Soy Sauce | 1 Bottle |
| Chilli Paste | 1 Tube |
| Flour | 1 Bag |
| Curry Paste | 1 Tube |
| Rapeseed Oil | 1 Bottle |
| Olive Oil | 1 Bottle |
| Peanut Butter | 1 Jar |
| Mayonnaise | 1 Jar |
| Chilli Powder | 1 Jar |
| Capers | 1 Jar |

Pitted Olives
Pickled Jalapeno
Butter

1 Jar
1 Jar
1 Small Tub