

Operation Transformation Shopping List

Week 7 – Main Meals

Thursday 18th February - Broccoli Cheese Stuffed Chicken

Friday 19th February - Coconut & Prawn Curry with Kale

Saturday 20th February - Roast Pork & Vegetable Casserole

Sunday 21st February - Meatballs with Spaghetti

Monday 22nd February – Cauliflower & Potato Curry

Tuesday 23rd February - Mango Chicken

Wednesday 24th February - Goat's Cheese & Beetroot Five-Minute Kale Salad

FRUIT & VEGETABLES

Baby new potatoes (950g)

Broccoli (600g)

Butternut squash (1 small - you need 240g cubes)

Carrots (3)

Cauliflower (1 small)

Celery stick (1)

Cherry tomatoes (15 + 150g)

Cooked beetroot (from vac-pack or baby – 100g)

Cucumber (½)

Curly kale (425g)

Fresh chives (15g)

Fresh coriander (5g)

Fresh dill (5g)

Fresh flat-leaf parsley (5g)

Garlic (5 cloves)

Lime (1)

Mild red chilli (optional -1)

Onions (2 small + 1 regular)

Potatoes (2 x 175g)

Red pepper (1)

Root ginger (5cm piece)

Turnip (320g)

FRESH & FROZEN PRODUCE

Buttermilk (75ml)

Chicken fillets (skinless – 4)

Goat's cheese (100g)

Lean minced beef (100g)

Lean minced pork (100g)

Light cream cheese (40g)

Natural yoghurt (3% fat - 125g)

Parmesan (10g)

Pork tenderloin (300g)

Tiger or king prawns (fresh or frozen raw peeled – 300g)

DRIED GOODS

Apple cider vinegar (15g)

Balsamic vinegar (15g)

Chicken stock cube (reduced sodium - 1)

Chopped tomatoes (200g tin ½ a regular tin)

Cooked wholegrain rice (readymade from a pouch – 250g)

Dried red chillies (optional - 2.5g)

Freshly ground black pepper

Ground turmeric (5g)

Hot sauce (such as Tabasco – 3g)

Light coconut milk (200g tinned)

Mango chutney (from a jar – 40g)

Mayonnaise (30g)

Mild curry paste (55g)

Passata (Italian sieved tomatoes – 225ml)

Rapeseed oil (45g)

Reduced sodium soy sauce (60g)

Salt (optional)

Tomato puree (2.5g)

Vegetable stock cube (reduced sodium- 1)

Wholegrain mustard (30g)

Wholegrain brown rice (180g)

Wholewheat spaghetti (100g)