



Operation Transformation Shopping List
Week 5 – Main Meals

DAY	DATE	RECIPE
29	7 February (Thursday)	Chicken & Ginger Curry with Fragrant Rice
30	8 February (Friday)	Spanish Haddock with Rice
31	9 February (Saturday)	Tuscan Pork Stew
32	10 February (Sunday)	South American Beef with Roasted Potato Cubes
33	11 February (Monday)	Goat's Cheese & Beetroot Five Minute Salad
34	12 February (Tuesday)	Spaghetti Bolognese
35	13 February (Wednesday)	Pork & Carrot Stir-Fry

FRUIT & VEGETABLES

Baby mixed leaves (such as watercress, rocket & spinach – 100g)
Baby new potatoes (300g)
Beetroots (whole cooked from vac-pack or baby fine to use too – 100g)
Carrots (6)
Cherry tomatoes (15)
Green peppers (2)
Cucumber (½)
Floury potatoes (such as Roosters or Maris Piper – 300g)
Fresh chives (15g)
Fresh coriander (15g)
Fresh dill (15g)
Fresh flat-leaf parsley leaves (optional – 20g)
Fresh root ginger (or you can use 2 tbsp easy ginger from a jar – 25g)
Garlic (cloves – 8)
Mushrooms (chestnut or ordinary – 150g)
Onions (5)
Red chillies (optional – 1 + 1 or use chilli powder 5g)
Red onion (small – 1)
Red peppers (5)
Scallions (2)
Tomato (vine-ripened – 1)
Turnip (1/2 small - 150g)
Yellow peppers (3)

FRESH PRODUCE

Buttermilk (if making ranch dressing - 75ml)
Chicken fillets (skinless – 2)
Goat's cheese (100g)
Haddock fillets (skinned and boned – 2 x 150g)
Lean steak mince (200g)
Light cream cheese (such as Philadelphia – 20g)
Pork loin chops (2)
Pork tenderloin (200g)
Salsa (readymade from a carton or jar – 200g)
Sirloin or fillet steak (250g)

DRIED GOODS

Apple cider vinegar (if making ranch dressing - 15g)
Balsamic vinegar (15g)
Black mustard seeds (optional - 5g)
Chicken stock cube (reduced salt – 1)
Chopped tomatoes (tin – 2 x 400g)
Coriander seeds (5g)
Cumin seeds (5g)
Dried basil (2.5g)
Dried cumin (2.5g)
Dried mixed herbs (or use one such as thyme or rosemary – 5g)
Dried oregano (5g)
Dried parsley (2.5g)

Freshly ground black pepper
Ground cumin (7.5g)
Mayonnaise (if making ranch dressing - 30g)
Mild or medium curry paste (the amount you use depends on how much spice you like - 15-30g)
Olive oil (40g)
Orange marmalade (15g)
Ranch dressing (shop-bought 10g or make your own)
Rapeseed oil (30g)
Sea salt (optional – if using)
Soy sauce (reduced sodium – 90g)
Tomato puree (30g)
Wholewheat spaghetti (100g)
Wholegrain rice (240g + 125g or use readymade from a pouch)
Worcestershire sauce (7.5g)