



Operation Transformation Shopping List
Week 7 – Main Meals

DAY	DATE	RECIPE
43	21 February (Thursday)	Barbecue Chicken with Corn on the Cob & Green Beans
44	22 February (Friday)	Peggy's Soy Salmon with Rice
45	23 February (Saturday)	Chicken & Vegetable Coconut Curry
46	24 February (Sunday)	Roast Pork with Ratatouille
47	25 February (Monday)	Curried Chickpea & Sweet Potato Burger
48	26 February (Tuesday)	Zesty Chicken Thighs with Pasta
49	27 February (Wednesday)	Spinach & Feta Frittata

FRUIT & VEGETABLES

Baby corn on the cob (120g)
Baby new potatoes (550g)
Baby spinach leaves (25g)
Broccoli (1 head)
Carrots (8)
Celery (sticks – 2)
Courgettes (2)
Garlic (cloves – 3)
Cherry tomatoes (100g)
Floury potato (such as Rooster or Maris Piper – 200g)
Fresh basil leaves (optional - 15g or use dried)
Fresh coriander (15g)
Fresh mint (15g)
Green beans (450g)
Lemon (1)
Lime (1)
Little Gem lettuce (50g)
Mixed salad leaves (50g)
Onions (2)
Orange (rind & juice - 1)
Red pepper (1)
Scallions (8)
Sweet potato (250g)
Tomatoes (vine-ripened – 2)

FRESH PRODUCE

Butter (17.5g)
Chicken fillets (skinned – 4)
Chicken thighs (still on the bone but skinless - 4)
Eggs (5)
Feta cheese (50g)
Low fat milk (1.5% fat - 60g)
Natural yoghurt (3% fat – 75g)
Pork tenderloin (250g)
Salmon fillets (skinned – 2 x 150g)

DRIED GOODS

Apple cider vinegar (if making your own barbecue sauce – 50g)
Barbecue sauce (readymade from a bottle or jar – 60g or make your own)
Chickpeas (tin – 400g)
Chopped tomatoes (tin – 400g)
Coconut milk (tin such as Thai Gold – 160g)
Dried basil (optional – 15g or use fresh)
Dried oregano
Freshly ground black pepper
Ground cayenne pepper (1.25g - optional)
Ground cumin (2.5g)
Ground turmeric (1.25g)
Honey (15g)

Mild chilli powder (2.5g)
Mild or medium curry paste (depending on your preference – 9.5g)
Olive oil (30g)
Plain flour (25g)
Sea salt (optional – if using)
Soy sauce (reduced sodium – 30g)
Tomato ketchup (if making your own barbecue sauce - no added sugar and salt – 100g)
Tomato puree (60g)
Wholegrain rice (160g)
Wholemeal oval pitta bread (1)
Wholewheat pasta (100g)
Worcestershire sauce (7g)