



Operation Transformation Shopping List
Week 1 – Main Meals

DAY	DATE	RECIPE
1	10 January (Thursday)	Simple Chicken Curry
2	11 January (Friday)	Fish Goujons with Potato Wedges
3	12 January (Saturday)	Turkey Pesto Pasta
4	13 January (Sunday)	Super Easy Sunday Roast Chicken
5	14 January (Monday)	Mediterranean Omelette with Mixed Salad
6	15 January (Tuesday)	Sweet Chilli Chicken with Mixed Pepper Stir-Fry
7	16 January (Wednesday)	Pork Chops with Mashed Potatoes & Veg

FRUIT & VEGETABLES

Baby new potatoes 250g)
Baby spinach leaves (50g)
Broccoli (1 small head)
Carrots (8)
Cherry tomatoes (21)
Chives (10g)
Courgette (1)
Cucumber (1/4)
Floury potatoes (such as Rooster or Maris Piper – 700g)
Garlic (1 small clove)
Green beans (200g)
Green peppers (2)
Onion (1)
Red peppers (3)
Salad leaves (mixture of watercress, rocket & spinach – 100g)
Yellow peppers (2)

FRESH PRODUCE

Butter (30g)
Chicken fillets (skinless - 4)
Cod fillets (250g)
Cooked chicken slices (300g)
Eggs (6)
Fresh white breadcrumbs (40g)
Frozen peas (100g)
Lean turkey steaks (250g)
Light cream cheese (such as Philadelphia – 35g)
Low fat milk (1.5% fat – 115ml)
Natural yoghurt (3% fat – 30g)
Pork loin chops (2)
Ricotta cheese (10g)

DRIED GOODS

Balsamic vinegar (30ml)
Chicken gravy granules (from a carton or packet – 20g)
Freshly ground black pepper
Honey (5g)
Mild curry paste or powder (15g)
Olive oil (70g)
Plain flour (25g)
Porridge oats (40g)
Rapeseed oil (50g)
Sea salt (optional – if using)
Sun-dried tomato pesto (readymade from a jar or tube – 45g)
Sweet chilli sauce (from a bottle – 65g)
Wholegrain mustard (15g)
Wholegrain rice (80g)
Wholewheat spaghetti (80g)