



## Operation Transformation Shopping List

### Week 4 – Main Meals

DAY	DATE	RECIPE
22	31 January (Thursday)	Pork Chops with Stir-Fried Vegetables & Tomato Sauce
23	1 February (Friday)	Tuna with Sweetcorn & Peppers
24	2 February (Saturday)	Crispy Chicken & Ham Roll Ups
25	3 February (Sunday)	Roast Beef with Mashed Potatoes & Gravy
26	4 February (Monday)	Nutty Fried Rice with Satay Sauce
27	5 February (Tuesday)	Hoisin Chicken Noodles
28	6 February (Wednesday)	Fab Fajitas

## **FRUIT AND VEGETABLES**

Avocado (ripe - 50g)  
Baby new potatoes (200g)  
Broccoli (small heads - 2)  
Carrots (2)  
Courgette (1 or 120g packet baby courgettes)  
Fresh beansprouts (250g)  
Fresh coriander (5g)  
Fresh rosemary sprigs (7g)  
Garlic (cloves - 3)  
Green peppers (2)  
Lemon (1/2)  
Onions (3)  
Floury potatoes (such as Rooster or Maris Piper - 2 x 125g + 250g)  
Fresh chives (optional – 15g)  
Mushrooms (chestnut or ordinary – 500g)  
Red onion (1)  
Scallions (2)  
Yellow pepper (1)

## **FRESH PRODUCE**

Butter (35g)  
Cheddar cheese (55g)  
Chicken fillets (skinless – 4)  
Egg (1)  
Fresh white breadcrumbs (or use dried breadcrumbs known as panko – 25g)  
Frozen peas (200g)  
Low fat milk (1.5% fat – 215ml)  
Parma or cooked ham (thin slices - 2)  
Pork loin chops (2)  
Sirloin or fillet steak (200g)  
Topside of beef (piece – 250g)

## **DRIED GOODS**

Apple cider vinegar (2.5g)  
Beef stock cube (reduced salt -1/4)  
Chilli powder (1.25g)  
Chopped tomatoes (½ regular sized tin – 200g)  
Dijon mustard or tomato puree (10g)  
Dried wholewheat noodles (100g)  
Freshly ground black pepper  
Ground cumin (1.25g)  
Hoisin sauce (from a bottle or jar – 60g)  
Natural peanut butter (crunchy with no added sugar & salt – need 15g)  
Olive oil (25g)  
Plain flour (30g)  
Rapeseed oil (30g)  
Rice vinegar (5g)  
Sea salt (optional – if using)

Soy sauce (reduced sodium – 15g)  
Sweetcorn (tin salt free –200g)  
Toasted sesame seeds (optional – 5g)  
Tomato puree (15g)  
Tuna (tin in spring water – 130g)  
Unsalted cashew nuts (25g)  
Wholegrain rice (80g)  
Wholewheat penne pasta (80g)  
Wholewheat wraps (2)  
Worcestershire sauce (5g)