

Operation Transformation Shopping List

Week 1 – Main Meals

Thursday 7th January - Peanut Butter Chicken Curry

Friday 8th January - Basil Pesto Salmon Bake

Saturday 9th January - Veggie Satay Noodles

Sunday 10th January Garry's Italian Chicken

Monday 11th January Mark's Black Bean Quesadilla

Tuesday 12th January Roast Chicken & Spiced Rice

Wednesday 13th January Lorraine's Minute Steak with Spicy Garlic Noodles

FRUIT & VEGETABLES

Baby spinach leaves (320g)

Broccoli (400g)

Butternut squash (150g piece - you need 100g)

Button mushrooms (chestnut or ordinary – 100g)

Cherry tomatoes (200g)

Cucumber (¼)

Fine green beans (400g)

Fresh basil leaves (10g)

Fresh coriander (10g)

Garlic (5 cloves)

Ginger root (2.5cm piece)

Green pepper (1)

Lemongrass stalk (1)

Lime (1)

Mild red chillies (3)

Onions (2 small)

Red onion (1 small)

Red peppers (1 small + 2 regular)

Scallions (3)

Shallot (1)

Sugar snap peas (100g)

Tomatoes (2)

Yellow peppers (2)

FRESH PRODUCE

Basil pesto (15g)

Buffalo mozzarella (80g)

Cheddar cheese (30g)

Chicken fillets (skinless - 4)

Chicken thighs (bone in & skinless) (250g - 2)

Cooked salmon fillets (2 x 120g)

Light cream cheese (30g)

Minute steaks (thinly sliced quick fry steaks – 250g)

Salsa (60g)

DRIED GOODS

Black beans (400g tin)
Brown wholegrain rice (160g)
Chicken stock cube (reduced sodium -1)
Coconut milk (160g tin)
Dried herbs de Provence (2.5g)
Dried wholewheat noodles (200g)
Fajita seasoning (5g)
Freshly ground black pepper
Ground coriander (5g)
Ground cumin (5g)
Ground turmeric (5g)
Italian chopped tomatoes (400g tin)
Light coconut milk (200g tinned)
Mild curry paste (30g)
Natural skinned peanuts (10g)
Panko breadcrumbs (16g)
Peanut butter (natural with no added sugar or salt – 27.5g)
Rapeseed oil (95g)
Reduced sodium soy sauce (50g)
Salt (optional)
Vinaigrette salad dressing (15g – or make your own see recipe & add ingredients)
Wholegrain brown rice (160g)
Wholewheat penne pasta (80g)
Wholewheat spaghetti (80g)
Wholemeal tortilla wraps (2 large)
Worcestershire sauce (5g)