

Operation Transformation Shopping List

Week 1 – Main Meals

Thursday 5th January - Turkey Meatballs with Peppers & Couscous

Friday 6th January - Paul's Salmon Tin Foil Dinner

Saturday 7th January - Burger & Chips

Sunday 8th January – Italian Roast Chicken

Monday 9th January - Moroccan Chickpea & Vegetable Stew

Tuesday 10th January - Chicken & Cherry Tomato Spaghetti

Wednesday 11th January - Veggie Rice Hot Pot

FRUIT & VEGETABLES

Asparagus (400g bunch)
Baby spinach leaves (80g)
Baby new potatoes (400g)
Basil (5g)
Carrots (3 large + 2)
Cauliflower (½ small head - 200g florets)
Cherry tomatoes on the vine (250g + 400g regular)
Coriander (15g)
Cucumber (¼)
Garlic (9 cloves)
Little Gem lettuce (10g leaves)
Lemons (2)
Mushrooms (140g)
Onion (1)
Potatoes (650g + 1 large)
Red onions (1 + 1 small)
Red peppers (2)
Rosemary (2 sprigs)
Scallions (3)
Tomatoes (3)
Turnip (1)
Yellow pepper (1)

FRESH & FROZEN PRODUCE

Butter (10g)
Chicken (1.5kg whole)
Eggs (3 large)
Natural yoghurt (30g)
Parmesan (25g)
Peas (50g frozen)
Salmon fillets (2 x 130g boneless and skinless)
Steak burgers (2 x 100g lean)
Turkey meatballs (300g packet)

DRIED GOODS

Brown burger buns (2 small seeded)
Chickpeas (400g tin)
Chinese five-spice powder (5g)
Chopped tomatoes (400g tin)
Dried red chilli flakes (2.5g)
Garlic granules (5g)
Freshly ground black pepper
Ground cumin (5g)
Italian seasoning (5g)
Mustard (5g)
Pickled gherkin (1 small - 15g)
Rapeseed oil (115g)
Reduced sodium soy sauce (15g)
Reduced sodium vegetable stock cubes (2)
Salt (optional)
Sesame oil (5g)
Sun-dried tomato pesto (10g)
Tomato ketchup (5g)
Tomato puree (15g)
Wholegrain rice (125g)
Wholemeal couscous (80g)
Wholewheat spaghetti (130g)