

## **Operation Transformation Shopping List**

### **Week 3 – Vegetarian Main Meals**

**Thursday 21<sup>st</sup> January – Vegetable Fried Rice**

**Friday 22<sup>nd</sup> January - Vegetable Korma**

**Saturday 23<sup>rd</sup> January - Vicki's Sunshine Buddha Bowl**

**Sunday 24<sup>th</sup> January - Vegetarian Lasagne (double dinner – Serves 4)**

**Monday 25<sup>th</sup> January - Caroline's Spicy Beans on Flatbreads**

**Tuesday 26<sup>th</sup> January - Hoisin Noodles with Tofu**

**Wednesday 27<sup>th</sup> January - Nutty Fried Rice with Satay Sauce**

#### **FRUIT AND VEGETABLES**

Avocado (1)  
Baby spinach leaves (260g)  
Beansprouts (250g)  
Broccoli (900g)  
Carrots (2 large)  
Cauliflower (1 small)  
Celery sticks (2)  
Cherry tomatoes (400g)  
Courgettes (4)  
Cucumber (½)  
Fresh coriander (25g)  
Garlic cloves (5)  
Limes (2)  
Mild red chilli (optional -1)  
Mushrooms (chestnut or ordinary – 300g)  
Onions (2 small)  
Pak choi (120g)  
Red onion (½ small plus 1 regular)  
Red peppers (2)  
Rocket (25g)  
Root ginger (5cm)  
Scallions (2)  
Shitake mushrooms (100g or use ordinary or chestnut)  
Sweet potato (1 small)  
Tomatoes (4)

#### **FRESH PRODUCE**

Eggs (9)  
Gran Moravia cheese (vegetarian style Parmesan -30g)  
Firm tofu (150g)  
Mozzarella cheese (grated - 80g)

Natural yoghurt (3% fat – 75g)

Ricotta cheese (250g)

### **DRIED GOODS**

Black-eyed beans (400g tin)

Chopped tomatoes (400g tin + 200g tin or use ½ regular tin)

Dried chilli flakes (5g)

Freshly ground black pepper

Ground almonds (30g)

Ground cumin (5g)

Hoisin sauce (60g)

Jalapenos (optional - 4-6 from jar)

Mixed seeds (5g)

Natural peanut butter (low sugar & salt – 15g)

Natural skinned peanuts (20g)

Rapeseed oil (110g)

Reduced sodium soy sauce (25g)

Rice vinegar (5g)

Salt (optional)

Smoked paprika (30g)

Toasted sesame seeds (5g)

Tomato puree (2.5g)

Unsalted cashew nuts (25g)

Vinaigrette salad dressing (30g or see separate recipe for ingredients needed)

White wine vinegar (5g)

Wholegrain brown rice (260g)

Wholemeal cous cous (60g)

Wholemeal flatbreads (2)

Wholewheat lasagne sheets (160g)

Curry powder or paste (7.5g)

Wholewheat noodles (100g dried)