

Operation Transformation Shopping List

Week 1 – Vegetarian Main Meals

Thursday 7th January - Spicy Potato & Chickpea Patties

Friday 8th January - Mushroom Quesadilla

Saturday 9th January - Veggie Satay Noodles

Sunday 10st January - Vegetable Coconut Curry with Tofu

Monday 11st January – Mark's Black Bean Quesadilla

Tuesday 12nd January - Sweet & Sour Vegetable & Cashew Nut Stir-Fry

Wednesday 13th January - Cauliflower & Caper Pasta

FRUIT & VEGETABLES

Baby spinach leaves (210g)

Broccoli (200g)

Cheddar cheese (100g)

Carrots (6)

Cauliflower (1 small - you need 700g florets)

Cherry tomatoes (14)

Courgette (1 small)

Cucumber (¼)

Fresh coriander (10g)

Fresh thyme (10g)

Garlic (5 cloves)

Green beans (200g)

Green pepper (1)

Lemon (½)

Mild red chilli (optional – 1)

Mushrooms (chestnut or ordinary - 400g)

Onion (1 small + 1 regular)

Potatoes (cooked leftovers 200g)

Red pepper (1 small + 1 regular)

Red onions (1 + 1 ½ small)

Root ginger (5cm)

Scallions (11)

Sweet Long Red pepper (1)

Tomatoes (2)

Yellow pepper (1)

FRESH PRODUCE

Butter (15g)

Cheddar cheese (100g)

Gran Moravia cheese (or vegetarian Parmesan style alternative – 30g)

Firm tofu (150g)

Frozen peas (80g)

Salsa (60g)

DRIED GOODS

Apple cider vinegar (50ml)
Black beans (400g tin + extra 30g drained tinned)
Capers (35g)
Chickpeas (200g tin or use ½ regular tin)
Coconut milk (2 x160g tins)
Dried chilli flakes (5g)
Dried oregano (or use torn oregano leaves - 2.5g)
Fajita seasoning (5g)
Freshly ground black pepper
Ground cayenne pepper (optional – 1.25g)
Ground turmeric (3.75g)
Honey (22g)
Mild curry powder or paste (5g)
Natural peanut butter (crunchy with no added sugar & salt – 5g)
Natural skinned peanuts (10g)
Orange juice (15g)
Pineapple chunks in natural juice (200g tin)
Pitta breads (2 round - 50g each)
Plain flour (30g)
Rice vinegar (15g)
Rapeseed oil (135g)
Reduced sodium soy sauce (67g)
Salt (optional)
Sweetcorn (tinned low sugar and low salt or use frozen – 50g)
Tomato ketchup (no added sugar and salt – 100g)
Unsalted cashew nuts (50g)
Vinaigrette salad dressing (30g or see separate recipe for ingredients needed)
Wholegrain brown rice (80g)
Wholemeal tortilla wraps (2 large)
Wholemeal wraps (2)
Wholewheat noodles (dried - 200g)
Wholewheat spaghetti (100g)