

Operation Transformation Shopping List

Week 2 – Vegetarian Main Meals

Thursday 14th January - Vegetarian Pad Thai

Friday 15th January - Mushroom and Goat's Cheese Pizza

Saturday 16th January - Crispy Tofu with Stir-Fried Noodles & Pak Choy

Sunday 17th January - Lentil Chilli

Monday 18th January – Veggie Quesadilla

Tuesday 19th January - Caramelised Onion & Garlic Pasta with Spinach

Wednesday 20th January - Peanut & Sweet Potato Curry

FRUIT & VEGETABLES

Baby spinach leaves (190g)

Beansprouts (100g)

Carrot (1)

Celery (1 stick)

Cherry tomatoes (30)

Cucumber (¼)

Fresh basil (10g)

Fresh coriander (10g)

Garlic (8 cloves)

Green beans (300g)

Limes (1 ½)

Mild red chilli (1)

Mushrooms (chestnut or ordinary – 140g)

Onions (2 small)

Pak choy (370g)

Red onions (2 ½ small)

Red peppers (1 small + 4 regular)

Root ginger (5cm piece)

Scallions (4)

Sweet long red pepper (1)

Sugar snap peas (150g)

Sweet potatoes (300g)

Tomatoes (2)

FRESH PRODUCE

Butter (15g)

Cheddar cheese (45g)

Eggs (2)

Firm tofu (200g)

Goat's cheese (fresh – 125g)

Gran Moravia cheese (vegetarian style Parmesan – 30g)

Natural yoghurt (3% fat – 10g)

Readymade pizza base (such as Pizza da Piero – 120g)
Salsa (30g)

DRIED GOODS

Balsamic vinegar (30g)
Chilli powder (5g)
Chopped tomatoes (400g tin)
Coconut milk (160g tin)
Dried chilli flakes (2.5g)
Dried thyme (5g)
Freshly ground black pepper
Ground cumin (10g)
Kidney beans (225g tin)
Natural skinned peanuts (40g)
Paprika (sweet – 5g)
Pizza sauce (from a can or jar such as Mutti – 100g)
Rapeseed oil (120g)
Red lentils (300g)
Reduced sodium soy sauce (25g)
Salt (optional)
Sesame seeds (7.5g)
Toasted sesame oil (5g)
Vegetable stock cube (reduced salt – 1)
Vinaigrette salad dressing (30g or see separate recipe for ingredients needed)
Wholegrain brown rice (60g)
Wholemeal wraps (2)
Wholewheat noodles (dried 200g)
Wholewheat spaghetti (100g)