

## Operation Transformation Shopping List

### Week 7 - Main Vegetarian Meals

**Thursday 18<sup>th</sup> February - Veggie Satay Noodles**

**Friday 19<sup>th</sup> February - Vicki's Sunshine Buddha Bowl**

**Saturday 20<sup>th</sup> February - Vegetarian Pad Thai**

**Sunday 21<sup>st</sup> February - Moroccan Chickpea & Vegetable Stew**

**Monday 22<sup>nd</sup> February - Cauliflower & Potato Curry**

**Tuesday 23<sup>rd</sup> February - Creamy Mushroom Pasta**

**Wednesday 24<sup>th</sup> February - Goat's Cheese & Beetroot Five-Minute Kale Salad**

#### **FRUIT & VEGETABLES**

Avocado (½)

Baby new potatoes (300g)

Baby spinach leaves (125g)

Beansprouts (100g)

Carrots (200g)

Cauliflower (1 large)

Cherry tomatoes (15)

Cucumber (¾)

Curly Kale (225g)

Fresh chives (10g)

Fresh coriander (20g)

Fresh dill (5g)

Garlic (7 cloves)

Green pepper (1)

Lemon (2)

Lime (1)

Mushrooms (chestnut or ordinary - 200g)

Onion (1 small)

Pak choi (270g)

Potato (200g)

Red onion (1)

Red pepper (4)

Rocket (25g)

Root ginger (7cm piece)

Scallions (5)

Sweet potato (1 small)

Sweet long red pepper (1)

Whole cooked beetroot (vac-pack or baby – 100g)

Yellow pepper (1)

#### **FRESH PRODUCE**

Buttermilk (75ml)

Eggs (6)  
Goat's cheese (100g)  
Light cream cheese (e.g., Philadelphia – 125g)  
Natural yogurt (3%fat- 45g)

### **DRIED GOODS**

Apple cider vinegar (15g)  
Chickpeas (400g tin)  
Chopped tomatoes (400g tin)  
Coconut milk (160g tin)  
Curry paste or powder (10g)  
Dried oregano (or use fresh oregano leaves - 2.5g)  
Dried red chilli flakes (1.25g)  
Freshly ground black pepper  
Ground cumin (5g)  
Mayonnaise (30g)  
Mixed seeds (5g)  
Natural peanut butter 5g (preferably crunchy with no added sugar & salt – 5g)  
Natural skinned peanuts (20g)  
Rapeseed oil (105g)  
Reduced sodium soy sauce (45g)  
Salt (optional)  
Sesame seeds (15g)  
Tomato puree (2.5g)  
Vegetable stock cubes (reduced salt – 2)  
Wholegrain rice (readymade from a pouch – 250g or use leftovers)  
Wholemeal Brown Rice (80g)  
Wholemeal cous cous (60g)  
Wholemeal fusilli or penne pasta (120g)  
Wholemeal noodles (dried – 200g)