**Operation Transformation Shopping List**

**Week 1 – Vegetarian Meals**

**Thursday 6th January - Warm Roasted Pepper & Goat’s Cheese Salad**

**Friday 7th January - Mags McLoughlin’s Quinoa & Vegetable Salad**

**Saturday 8th January - Veggie Satay Noodles**

**Sunday 9th January – Arlene Molloy’s Veggie Korma with Chickpeas**

**Monday 10th January - Butternut Mac ’n’ Cheese**

**Tuesday 11th January - Creamy Mushroom Pasta**

**Wednesday 12th January – Vegetarian Thai Green Curry**

**FRUIT & VEGETABLES**

Avocado (1 small)

Baby corn (100g)

Baby spinach leaves (300g)

Butternut squash (2)

Celery stick (1)

Coriander (20g)

Garlic cloves (6)

Green pepper (1)

Lemon (1)

Lime (1)

Long sweet red peppers (2)

Mangetout (100g)

Mushrooms (200g chestnut or ordinary)

Onions (1 + 1 small)

Red chillies (2 mild)

Red onion (1 small)

Red peppers (5)

Root ginger (4cm piece)

Rosemary (1 sprig)

Scallions (3)

Shallots (2)

Sugar snap peas (150g)

Tomatoes (3)

Yellow pepper (1)

**FRESH & FROZEN PRODUCE**

Butter (15g)

Cheddar cheese (40g)

Eggs (2 large)

Frozen peas (80g)

Goat’s cheese (120g)

Light cream cheese (125g - such as Philadelphia)

Low fat milk (270ml - 1.5% fat)

**DRIED GOODS**

Chickpeas (400g tin)

Coconut milk (160g tin + 600g light – 1 ½ tins)

Dried oregano (2.5g)

Dried wholewheat noodles (100g)

English mustard (5g)

Freshly ground black pepper

Honey (2.5g)

Korma curry paste (30g)

Macaroni pasta100g

Natural peanut butter (5g - crunchy with no added sugar & salt)

Natural skinned peanuts (10g)

Plain flour (20g)

Quinoa (180g)

Rapeseed oil (90g)

Reduced sodium soy sauce (30g)

Salt (optional)

Sun-dried tomatoes (40g - well drained)

Thai green curry paste (30g)

Toasted mixed seeds (10g)

Vegetable stock cubes (1 ½ - reduced sodium)

Wholegrain mustard (5g)

Wholegrain rice (160g)

Wholewheat penne or fusilli pasta (120g)