

Operation Transformation Shopping List

Week 6 – Vegetarian Meals

Thursday 10th February - Tofu & Butternut Squash Curry

Friday 11th February – Cauliflower & Potato Curry

Saturday 12th February - Mushroom & Goat's Cheese Pizza

Sunday 13th February - Courgette & Corn Chilli

Monday 14th February - Chickpea & Tomato Penne Pasta

Tuesday 15th February - Vegetarian Thai Green Curry

Wednesday 16th February - Veggie Satay Noodles

FRUIT & VEGETABLES

Baby corn (100g)

Baby new potatoes (300g)

Baby spinach leaves (80g)

Butternut squash (1 + 1 small)

Cauliflower (1 small)

Chives (5g)

Coriander (30g)

Courgettes (2)

Cucumber (¼)

Flat-leaf parsley (5g)

Garlic cloves (9)

Green beans (200g)

Green pepper (1)

Limes (1½)

Mangetout (100g)

Mushrooms (100g)

Onions (1 + 2 small)

Red chillies (3)

Red peppers (3)

Red onions (1 + 1 small)

Root ginger (2cm piece)

Rosemary (5g)

Scallions (3)

Shallots (2)

Tomatoes (2)

Yellow pepper (1)

FRESH & FROZEN PRODUCE

Firm tofu (150g)

Frozen sweetcorn (200g)

Goat's cheese (120g)

Mini pizza bases (2 x 50g - such as Pizza da Piero)

Natural yoghurt (45g - 3% fat)

Pecorino Romano (20g – freshly grated or use a vegetarian equivalent)

DRIED GOODS

Balsamic vinegar (30g)

Black beans (400g tin)

Chickpeas (400g tin)

Chilli powder (7.5g)

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

Coconut milk (2 x 160g tins)

Curry paste or powder (10g)

Dried chilli flakes (5g)

Dried wholewheat noodles (100g)

Freshly ground black pepper

Ground cumin (5g)

Honey (10g)

Light coconut milk (200g tin or use ½ 400g tin)

Natural skinned peanuts (10g)

Passata (250g - Italian sieved tomatoes)

Peanut butter (5g - preferably crunchy with no added sugar & salt)

Pizza sauce (100g - from a tin or jar such as Mutti)

Rapeseed oil (100g + 50g cold-pressed if making dressing)

Reduced sodium soy sauce (45g)

Salt (optional)

Thai green curry paste (30g)

Thai red curry paste (15g)

Tomato puree (32.5g)

Vegetable stock cubes (2 - reduced sodium)

Vinaigrette salad dressing (15g - shop-bought or use recipe)

Wholegrain brown rice (240g)

Wholegrain mustard (15g)

Wholewheat penne pasta (80g)