

Operation Transformation Shopping List

Week 6 – Vegetarian Main Meals

Thursday 11th February - Chinese Tofu & Pak Choi with Noodles

Friday 12th February - Mark's Black Bean Quesadilla

Saturday 13th February - Veggie Quesadilla

Sunday 14th February - Meatless Shepherd's Pie

Monday 15th February - Spicy Beanburger

Tuesday 16th February - Huevos Rancheros

Wednesday 17th February - Ratatouille Rice Salad with Mozzarella

FRUIT AND VEGETABLES

Aubergine (1 small)
Baby new potatoes (300g)
Baby spinach leaves (90g)
Carrots (3)
Celery sticks (3)
Cherry tomatoes (10)
Courgettes (3)
Cucumber (¼)
Fresh chives (5g)
Garlic (6 cloves)
Leeks (2)
Mild red chilli (2)
Onion (1 small + 1 regular)
Pak choi (270g)
Plum tomatoes (2)
Potatoes (300g)
Red cabbage (25g)
Red onions (2 small)
Red peppers (1 small + 4 regular)
Rocket leaves (50g)
Root ginger (5cm)
Sugar snap peas (50g)
Tomatoes (2)
Yellow pepper (1)

FRESH PRODUCE

Butter (25g)
Cheddar cheese (75g)
Eggs (5)
Firm tofu (150g)

Fresh breadcrumbs (25g)
Frozen peas (100g)
Low fat milk (25ml)
Mozzarella cheese (125g ball)
Natural yoghurt (3% fat – 10g)
Quorn mince (200g)
Salsa (90g)

DRIED GOODS

Black beans (400g tin)
Chopped tomatoes (400g tin)
Crunchy peanut butter (no added sugar or salt – 15g)
Dried oregano (5g)
Fajita seasoning (5g)
Freshly ground black pepper
Ground cumin (10g)
Hoisin sauce (30g)
Kidney beans (2 x 225g tins)
Mild curry paste or powder (5g)
Olive oil (30g)
Plain flour (15g)
Rapeseed oil (75g)
Reduced sodium soy sauce (40g)
Red wine vinegar (15g)
Salt (optional)
Tomato puree (7g)
Vegetable stock cube (reduced salt ½)
Wholegrain brown rice (80g)
Wholemeal round pitta breads (2)
Wholemeal tortilla wraps (2 large)
Wholemeal wraps (2 x 35g)
Wholewheat noodles (dried - 100g)