

Operation Transformation Shopping List

Week 4 – Vegetarian Main Meals

Thursday 28th January - Black Bean Burrito

Friday 29th January - Huevos Rancheros

Saturday 30th January - Tofu & Butternut Squash Curry

Sunday 31st January - Spinach & Feta Frittata

Monday 1st February – Butternut Mac 'n' Cheese

Tuesday 2nd February - Mushroom Quesadilla

Wednesday 3rd February - Sweet Potato Hash with Eggs

FRUIT & VEGETABLES

Baby new potatoes (300g)
Baby spinach leaves (95g)
Butternut squash (2)
Cherry tomatoes (8 small)
Garlic (6 cloves)
Green beans (200g)
Fresh basil (5g)
Fresh chives (5g)
Fresh coriander (5g)
Limes (1 ½)
Mild red chillies (optional - 3)
Mixed salad leaves (125g)
Mushrooms (chestnut or ordinary - 300g)
Onions (2 small + 1 regular)
Potato (200g)
Red onions (1 small + 1 regular)
Red peppers (2 ½)
Sugar snap peas (50g)
Sweet potato (1 small)
Yellow pepper (1)

FRESH PRODUCE

Bacon medallion (30g)
Butter (45g)
Cheddar cheese (130g)
Cheddar & Mozzarella grated cheese mix (25g)
Eggs (10)
Feta cheese (50g)
Firm tofu (150g)
Low fat milk (1.5% fat – 330g)
Salsa (30g)

DRIED GOODS

Apple cider vinegar (50ml)

Barbecue sauce (from a bottle or jar – 10g or use ingredients included to make your own)

Black beans (400g tin + extra 30g drained from another tin)

Chilli powder (2.5g)

Chopped tomatoes (400g tin + 200g tin)

Coconut milk (160g tin)

Dried chilli flakes (2.5g)

Dried oregano (7.5g)

Ground cumin (2.5g)

English mustard (5g)

Freshly ground black pepper

Honey (7g)

Kidney beans (45g tinned)

Macaroni pasta (100g)

Orange juice (15g)

Plain flour (20g)

Rapeseed oil (45g)

Reduced sodium soy sauce (22g)

Salt (optional)

Sweetcorn (50g tinned or use frozen)

Thai red curry paste (from a jar – 15g)

Tomato ketchup (no added sugar and salt - 100g)

Vegetable stock cube (reduced salt – ½)

Wholegrain brown rice (80g)

Wholemeal wraps (4)

Vegetable stock cube (½)