

Operation Transformation Shopping List

Week 4 – Main Meals

Thursday 28th January - Black Bean Burrito

Friday 29th January - Liam's Pan-Fried Mackerel with Apple Salad

Saturday 30th January - Pork Cacciatore

Sunday 31st January - Irish Beef Stew

Monday 1st February – Butternut Mac 'n' Cheese

Tuesday 2nd February - Chicken & Chorizo Pasta

Wednesday 3rd February - Sweet Potato Hash with Eggs

FRUIT & VEGETABLES

Apple (1)
Baby new potatoes (400g)
Baby spinach leaves (20g)
Bay leaf (1)
Butternut squash (1)
Carrots (3)
Celery (4)
Courgette (1)
Cucumber (¼)
Garlic (2cloves)
Green pepper (1)
Fresh basil (5g)
Fresh chives (5g)
Fresh coriander (5g)
Fresh flat-leaf parsley (10g)
Fresh thyme (3g)
Lemon (1 small)
Lime (½)
Mixed salad leaves (50g)
Mushrooms (chestnut or ordinary - 200g)
Onions (2 small + 1 regular)
Red onions (1 ½ small)
Red pepper (½)
Sugar snap peas (50g)
Sweet potato (1 small)
Tenderstem broccoli (240g)
Tomato (1)
Yellow pepper (1)

FRESH & FROZEN PRODUCE

Bacon medallion (30g)
Butter (15g)
Cheddar cheese (20g)

Cheddar & Mozzarella grated cheese mix (25g)
Chicken fillets (skinless – 2)
Chorizo (raw - 30g)
Eggs (2)
Low fat milk (1.5% fat – 270g)
Mackerel fillets (boneless – 180g)
Natural yoghurt (30g)
Pork loin chops (2)
Salsa (30g)
Stewing steak pieces (225g)
Tiger or king prawns (fresh or frozen, raw & peeled – 70g – 6)

DRIED GOODS

Beef stock cube (low sodium -1)
Black beans (400g tin)
Chilli powder (2.5g)
Chopped tomatoes (2 x 400g tin + 200g tin)
Cider vinegar (5g)
Cornflour (5g)
Dijon mustard (5g)
Dried chilli flakes (2.5g)
English mustard (5g)
Freshly ground black pepper
Honey (5g)
Kidney beans (45g tinned)
Macaroni pasta (100g)
Plain flour (35g)
Rapeseed oil (80g)
Salt (optional)
Smoked paprika (2.5g)
Sun-dried tomatoes (60g drained)
Wholemeal wraps (2)
Wholewheat penne pasta (80g)
Wholewheat spaghetti (80g)
Worcestershire sauce (15g)