**Operation Transformation Shopping List**

**Week 2 – Vegetarian Meals**

**Thursday 13th January - Crispy Tofu with Stir-Fried Noodles & Pak Choy**

**Friday 14th January - Veggie Quesadilla**

**Saturday 15th January - Caramelised Onion & Spinach Tortilla**

**Sunday 16th January - Spicy Beanburger**

**Monday 17th January - Spanakorizo with Feta Cheese**

**Tuesday 18th January - Chickpea & Tomato Penne Pasta**

**Wednesday 19th January - Rachel Balfe’s Veggie Bolognese**

**FRUIT & VEGETABLES**

Baby spinach leaves (60g)

Carrot (1)

Celery stick (1)

Cherry tomatoes (200g)

Courgettes (2)

Cucumber (¼)

Fennel bulb (1 small - you’ll need about 150g chopped)

Flat-leaf parsley (10g)

Garlic cloves (9)

Lemon (1 small)

Lime (½)

Mint (10g)

Mixed salad leaves (50g)

Onions (3 + 2 small)

Pak choy (100g)

Potatoes (250g)

Red cabbage (25g piece)

Red chilli (1mild)

Red onions (1½ small)

Red peppers (4)

Root ginger (2cm piece)

Rosemary (5g)

Scallions (2)

Sugar snap peas (150g)

Yellow pepper (1)

**FRESH & FROZEN PRODUCE**

Butter (10g)

Cheddar cheese (45g)

Eggs (7)

Feta cheese (75g)

Firm tofu (200g)

Fresh breadcrumbs (25g)

Frozen spinach (285g)

Natural yoghurt (3% fat – 10g)

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

Salsa (30g – from a carton or jar)

**DRIED GOODS**

Brown basmati rice (100g)

Chickpeas (400g tin)

Chopped tomatoes (2 x 400g tins)

Ground allspice (2.5g)

Dried chilli flakes (5g)

Ground cinnamon (2.5g)

Ground ginger (2.5g)

Dried wholewheat noodles (100g)

Freshly ground black pepper

Ground cumin (12.5g)

Kidney beans (2 x 225g tins)

Mild curry paste or power (5g)

Passata (250g Italian sieved tomatoes)

Peanut butter (15g – crunchy with no added sugar or salt)

Rapeseed oil (135g)

Red lentils (150g)

Reduced sodium soy sauce (10g)

Salt (optional)

Sesame oil (5g)

Tomato puree (115g)

Vegetable stock cubes (2½ – reduced sodium)

Wholemeal round pitta breads (2)

Wholemeal wraps (2)

Wholewheat penne pasta (80g)