**Operation Transformation Shopping List**

**Week 3 – Vegetarian Meals**

**Thursday 20th January - Black Bean Burrito**

**Friday 21st January - Susuana’s Jollof Rice**

**Saturday 22nd January - Mushroom & Goat’s Cheese Pizza**

**Sunday 23rd January - Veggie Quesadilla**

**Monday 24th January - Aaron Doyle’s Chickpea Patties**

**Tuesday 25th January - Cauliflower & Potato Curry**

**Wednesday 26th January - Sweet Potato Hash with Eggs**

**FRUIT & VEGETABLES**

Baby new potatoes (300g)

Baby spinach leaves (150g)

Basil (5g)

Bay leaf (1)

Cauliflower (1 small)

Cherry tomatoes (100g)

Chives (5g)

Coriander (15g)

Cucumber (¼)

Garlic cloves (6)

Lemon (1)

Lime (½)

Mixed salad leaves (50g)

Mushrooms (100g)

Onions (2 small)

Red onions (3 ¼ small)

Red peppers (6 ½)

Rocket (100g)

Root ginger (5cm piece)

Scotch bonnet chilli (1- optional)

Sweet potato (1 small - you need 175g)

Tomatoes (2)

**FRESH & FROZEN PRODUCE**

Bacon medallion (30g)

Cheddar cheese (65g)

Cheddar & Mozzarella grated cheese mix (25g)

Eggs (3)

Fresh breadcrumbs (50g)

Frozen peas (120g)

Goat’s cheese (120g fresh)

Natural yoghurt (3% fat – 55g)

Salsa (60g from a carton or jar)

**DRIED GOODS**

Balsamic vinegar (30g)

Black beans (400g tin)

Chicken stock cube (1– reduced sodium)

Chickpeas (2 x 400g tins)

Chilli powder (2.5g)

Chopped tomatoes (3 x 200g tins or 1 ½ 400g tins)

Curry paste or powder (12.5g)

Dried chilli flakes (5g)

Dried thyme (2.5g)

Freshly ground black pepper

Ground cumin (12.5g)

Honey (5g)

Kidney beans (400g tin)

Long grain rice (260g)

Paprika (5g)

Pine nuts (25g)

Pizza bases (2 x mini approximately 50g each - such as Pizza da Piero)

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

Rapeseed oil (105g plus 50g cold-pressed to make the dressing optional)

Salt (optional)

Tomato puree (32.5g)

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

Wholegrain mustard (40g)

Wholegrain brown rice (80g)

Wholemeal wraps (4)