**Operation Transformation Shopping List**

**Week 4 – Vegetarian Meals**

**Thursday 27th January - Mushroom Quesadilla**

**Friday 28th January - Creamy Mushroom Pasta**

**Saturday 29th January - Warm Roasted Pepper & Goat’s Cheese Salad**

**Sunday 30th January - Sweet & Sour Vegetable & Cashew Nut Stir-Fry**

**Monday 31st January - Rachel Balfe’s Veggie Bolognese**

**Tuesday 1st February - Cauliflower & Caper Pasta**

**Wednesday 2nd February - Vegetarian Pad Thai**

**FRUIT & VEGETABLES**

Baby spinach leaves (250g)

Beansprouts (100g)

Broccoli (100g - ½ small head)

Carrots (2)

Cauliflower (1 small - you need 700g florets)

Celery stick (1)

Cherry tomatoes (60g - 8 small)

Courgette (1 + 1 small)

Flat-leaf parsley leaves (5g)

Garlic cloves (11)

Lemon (1)

Lime (1)

Long sweet red pepper (1)

Mushrooms (600g - chestnut or ordinary)

Onions (1 + 1 small)

Pak choy (270g)

Red chilli (1 mild - optional)

Red onion (1 + 1 small)

Red peppers (3)

Root ginger (2cm - you need 5g of finely grated)

Rosemary (1 sprig)

Scallions (2)

Thyme (10g)

Yellow pepper (1)

**FRESH & FROZEN PRODUCE**

Butter (15g)

Cheddar cheese (70g)

Eggs (2)

Goat’s cheese (120g)

Gran Moravia cheese (30g or vegetarian Parmesan style alternative)

Light cream cheese (125g - such as Philadelphia)

Sweetcorn (50g frozen or use tinned – low sugar and low salt)

**DRIED GOODS**

Apple cider vinegar (50g)

Barbecue sauce (10g - from a bottle or jar, or use vegetarian barbecue sauce – see recipe)

Black beans (30g - drained and rinsed from a tin)

Capers (35g)

Chopped tomatoes (2 x 400g tins)

Dried chilli flakes (2.5g - optional)

Dried oregano (5g)

Dried wholewheat noodles (200g)

Freshly ground black pepper

Ground cumin (5g)

Ground ginger (1.25g)

Honey (24.5g)

Natural skinned peanuts (10)

Orange juice (15g)

Pineapple chunks (200g tin in natural juice)

Rapeseed oil (150g)

Red lentils (150g)

Reduced sodium soy sauce (52g)

Rice vinegar (15g)

Salt (optional)

Sesame seeds (7.5g)

Sun-dried tomatoes (40g - well drained)

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

Unsalted cashew nuts (50g)

Vegetable stock cube (1 – reduced sodium)

Wholegrain mustard (5g)

Wholemeal wraps (2)

Wholewheat penne or fusilli pasta (120g)

Wholewheat spaghetti (100g)