**Operation Transformation Shopping List**

**Week 5 – Vegetarian Meals**

**Thursday 3rd February - Vegetable Korma**

**Friday 4th February - Hoisin Noodles with Tofu**

**Saturday 5th February - Goat’s Cheese & Beetroot Five-Minute Kale Salad**

**Sunday 6th February - Vegetarian Lasagne**

**Monday 7th February - Susuana’s Jollof Rice**

**Tuesday 8th February - Spanakorizo with Feta Cheese**

**Wednesday 9th February - Nutty Fried Rice with Satay Sauce**

**FRUIT & VEGETABLES**

Baby spinach leaves (260g)

Bay leaf (1)

Beansprouts (250g)

Broccoli (400g)

Cauliflower (1 small)

Carrots (3 large)

Celery sticks (2)

Cherry tomatoes (500g)

Chives (15g)

Cooked beetroot (100g - from a vac-pack)

Coriander (5g)

Courgettes (4)

Cucumber (1)

Curly kale (225g)

Dill (5g)

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

Garlic cloves (9)

Lemon (1 small)

Mint (10g)

Mushrooms (300g - chestnut or ordinary)

Onions (2 + 2 small)

Red onion (1)

Red pepper (3)

Root ginger (3cm piece)

Scallions (2)

Scotch bonnet chilli (1 - optional)

Tomatoes (4)

**FRESH & FROZEN PRODUCE**

Buttermilk (75ml)

Egg (1)

Feta cheese (75g)

Firm tofu (150g)

Frozen peas (120g)

Frozen spinach (285g)

Goat’s cheese (100g)

Gran Moravia cheese (30g vegetarian style Parmesan)

Grated mozzarella cheese (80g)

Natural yoghurt (45g - 3% fat)

Ricotta cheese (250g)

**DRIED GOODS**

Apple cider vinegar (15g)

Balsamic vinegar (30g)

Brown basmati rice (100g)

Chickpeas (400g tin)

Chopped tomatoes (2 x 200g tins or use 400g tin)

Curry powder or paste (12.5g)

Cooked wholegrain rice (250g pouch or use leftover)

Ground allspice (2.5g)

Ground cinnamon (2.5g)

Dried chilli flakes (2.5g - optional)

Dried thyme (2.5g)

Dried wholewheat noodles (100g)

Freshly ground black pepper

Ground almonds (30g)

Hoisin sauce (60g - from a bottle or jar)

Honey (5g)

Long grain rice (260g)

Mayonnaise (30g)

Peanut butter (15g - preferably crunchy with no added sugar & salt)

Ranch dressing (10g – shop-bought or use recipe)

Rapeseed oil (135g + 50g cold-pressed if making dressing)

Reduced sodium soy sauce (15g)

Rice vinegar (5g)

Salt (optional)

Toasted sesame seeds (5g- optional)

Tomato puree (117.5g)

Unsalted cashew nuts (25g)

Vegetable stock cubes (2– reduced sodium)

Vinaigrette salad dressing (30g – shop-bought or use recipe)

Wholegrain brown rice (160g)

Wholegrain mustard (15g)

Wholewheat lasagne sheets (160g)