

## Operation Transformation Shopping List

### Week 2 – Main Meals

**Thursday 11<sup>th</sup> January - Emily's Feta Cheese Couscous**

**Friday 12<sup>th</sup> January - Fish Tacos**

**Saturday 13<sup>th</sup> January - Burger & Chips**

**Sunday 14<sup>th</sup> January – Stefano's Creamy Chicken & Mushroom Pasta**

**Monday 15<sup>th</sup> January – Veggie Spag Bol**

**Tuesday 16<sup>th</sup> January - Speedy Turkey & Tomato Penne Pasta**

**Wednesday 17<sup>th</sup> January – Black Bean Stir Fry with Noodles**

**note: check items marked in blue as you may already have in your storecupboard.**

#### **FRUIT & VEGETABLES**

Avocado (1 small - 75g)  
Baby spinach leaves (330g)  
Basil (5g)  
Carrots (2)  
Celery (1 stick)  
Chives (15g)  
Courgette (1 small)  
Cucumber (¼)  
Flat-leaf parsley (15g)  
Garlic (6 cloves)  
Green beans (250g)  
Lemon (1)  
Limes (2)  
Little Gem lettuce (10g)  
Mangetout (150g)  
Mushrooms (300g)  
Onions (2)  
Potatoes (250g)  
Red cabbage (50g piece)  
Red chilli (1 mild)  
Red pepper (1 small)  
Root ginger (10g)  
Scallions (4)  
Tomatoes (4)

#### **FRESH & FROZEN PRODUCE**

Bacon medallion (1 lean)  
Chicken fillets (2)  
Feta cheese (150g)  
Light cream cheese (125g)  
Natural yoghurt (60g)

Parmesan (50g freshly grated)  
Steak burgers (2 x 100g <5% fat from the butchers or make them yourself)  
Turkey rashers (4)  
White fish fillets (250g boneless and skinless – 250g)

### **DRIED GOODS**

Black beans (400g tin)  
Chopped tomatoes (400g tin)  
[Dried chilli flakes \(7.25g\)](#)  
Dried Italian seasoning (10g)  
[Freshly ground black pepper](#)  
Green lentils (400g tin)  
[Ground coriander \(5g\)](#)  
[Ground cumin \(5g\)](#)  
Honey (20g)  
Mustard (5g)  
Passata (Italian sieved tomatoes – 400g)  
Pickled gherkin (1 small – 15g)  
Pumpkin seeds (10g)  
[Rapeseed or olive oil \(80g\)](#)  
Reduced salt soy sauce (30g)  
Reduced sodium vegetable stock cube (½)  
Seeded brown burger buns (2 small)  
Smoked paprika (5g)  
[Toasted sesame seeds \(10g\)](#)  
Tomato ketchup (5g)  
Tomato puree (15g)  
Wholemeal couscous (150g)  
Wholemeal wraps (4 small - 160g)  
Wholewheat noodles (100g)  
Wholewheat penne pasta (250g)  
Wholewheat spaghetti (100g)