

Operation Transformation Shopping List

Week 3 – Main Meals

Thursday 18th January - Pork Chop with Apple & Cauliflower & Potato Mash

Friday 19th January - Fish & Chips

Saturday 20th January - Peanut Butter Chicken Curry

Sunday 21st January – Creamy Paprika Chicken with Sweet Potato Wedges

Monday 22nd January – Niamh’s Roasted Gnocchi, Cherry Tomatoes & Veggie Sausages

Tuesday 23rd January - Chicken Parmigiano

Wednesday 24th January – Spinach & Lentil Dahl

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

FRUIT & VEGETABLES

Apple (1)

Baby spinach leaves (110g)

Basil (10g - optional)

Broccoli (300g)

Butternut squash (150g piece)

Carrots (3 small)

Cauliflower (150g piece)

Celery (1 stick)

Cherry tomatoes (27)

Chives (5g)

Cucumber (¼)

Flat-leaf parsley (5g - optional)

Garlic (8 cloves)

Ginger root (45g)

Green beans (200g)

Lemongrass stalk (1)

Lime (1)

Onions (1 + 2 small)

Potatoes (2 – 200g + 250g)

Red chillies (2 mild - optional)

Salad leaves (100g – mixture of watercress, rocket & spinach)

Sweet potatoes (2 – 400g)

Tomatoes (2)

FRESH & FROZEN PRODUCE

Baby mozzarella balls (bocconcini – 250g carton or use 125g mozzarella ball)

Butter (15g)

Chicken fillets (5)

Cod fillets (250g boneless & skinless)

Eggs (2)

Fresh white breadcrumbs (30g or use dried often known as panko)
Gnocchi (250g packet)
Low fat milk (1.5% fat) (60g)
Natural yoghurt (30g)
Mozzarella ball (2 x 25g slices)
Parmesan (10g freshly grated)
Pork chops (2 boneless loin - 300g)
Quark (50g)
Vegetarian sausages (such as Linda McCartney, Rudds, Denny, Clonakilty) (2 – 90g)
Wholegrain bread (1 slice)

DRIED GOODS

Black olives (25g)
Chopped tomatoes (200g tinned or use passata (Italian sieved tomatoes)
[Freshly ground black pepper](#)
[Ground cumin \(10g\)](#)
[Ground coriander \(5g\)](#)
[Ground turmeric \(10g\)](#)
Light coconut milk (200g tinned)
Peanut butter (100% nuts) (22.5g)
Plain flour (40g)
Porridge oats (30g)
[Rapeseed or olive oil \(125g\)](#)
Red lentils (175g)
[Reduced salt soy sauce \(15g\)](#)
Sweet chilli sauce (5g)
[Smoked paprika \(2.5g\)](#)
Vinaigrette salad dressing (15g)
Wholegrain rice (80g)
Wholemeal pitta bread (1 - 56g)
Wholewheat spaghetti (80g)