

Operation Transformation Shopping List

Week 4 – Main Meals

Thursday 25th January - Caprese Stuffed Chicken with Crispy Potatoes

Friday 26th January - Cajun Hake & Vegetable Bake

Saturday 27th January - Chipper Spice Bag

Sunday 28th January – Tofu Pad Thai

Monday 29th January – Veggie Rice Hot Pot

Tuesday 30th January - Super Seeded Chicken Fajitas

Wednesday 31st January – Thai Green Butter Bean Curry

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

FRUIT & VEGETABLES

Basil (5g - optional)

Baby new potatoes (350g)

Baby spinach leaves (30g)

Beansprouts (100g)

Broccoli (150g)

Cherry tomatoes (100g)

Coriander (15g - optional)

Courgettes (3 small)

Garlic (5 cloves)

Lime (1)

Scallions (5)

Mangetout (150g)

Mushrooms (140g)

Onions (1 + 1 small)

Potatoes (1 large 350g + 400g)

Red chilli (1)

Red onions (3)

Red peppers (5 small)

Root ginger (30g)

FRESH & FROZEN PRODUCE

Chicken breast fillets (6)

Eggs (3 large + 1)

Hake fillets (2 x 150g skinless & boneless)

Frozen peas (50g)

Natural yoghurt (60g)

Mozzarella cheese (30g grated)

Tofu (150g)

Wholegrain bread (2 slices - 64g)

DRIED GOODS

Butter beans (400g tin)
Cajun seasoning (7.5g)
Cashew nuts (10g)
Chinese five-spice powder (10g)
Dried wholewheat noodles (100g)
Freshly ground black pepper
Garlic granules (5g)
Ground cumin (10g)
Honey (10g)
Light coconut milk (400g tin + 160g tinned)
Light mayonnaise (30g)
Mild chilli powder (5g)
Rapeseed or olive oil (105g)
Reduced salt soy sauce (45g)
Reduced sodium vegetable stock cube (1)
Smoked paprika (5g)
Sunflower seeds (15g)
Thai green curry paste (35g)
Toasted sesame seeds (10g)
Wholegrain rice (205g)
Wholewheat wraps (2 small - 40g each)