

## Operation Transformation Shopping List

### Week 1 – Main Meals

**Thursday 4<sup>th</sup> January - Chicken & Veggie Pizza**

**Friday 5<sup>th</sup> January - Paul's Salmon Tin Foil Dinner**

**Saturday 6<sup>th</sup> January - Black Bean Burrito**

**Sunday 7<sup>th</sup> January – Roast Chicken with Mashed Potatoes, Green Beans & Gravy**

**Monday 8<sup>th</sup> January - Easy Chickpea Masala**

**Tuesday 9<sup>th</sup> January - Chicken, Bean & Broccoli Bake**

**Wednesday 10<sup>th</sup> January – Rainbow Chilli**

#### **FRUIT & VEGETABLES**

Asparagus (400g bunch)  
Baby spinach leaves (20g)  
Basil (5g - optional)  
Broccoli (200g)  
Butternut squash (1)  
Cherry tomatoes on the vine (250g + 100g)  
Coriander (10g - optional)  
Courgette (1 small)  
Garlic (4 cloves)  
Green beans (200g)  
Mushrooms (100g)  
Onions (3)  
Potatoes (650g)  
Red onion (½ small)  
Red peppers (3 small)

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

Butter (15g)  
Cheddar cheese (20g)  
Chicken breast fillets (2)  
Chicken thighs (2 large - 220g in total)  
Cooked chicken (200g diced or shredded)  
Fresh poultry gravy (250g carton or use 20g chicken gravy granules)  
Low fat milk (1.5% fat - 280g)  
Mozzarella ball (100g)  
Natural yoghurt (90g)  
Salmon fillets (2 x 130g boneless and skinless)  
Wholegrain bread (1 slice)

#### **DRIED GOODS**

Black beans (2 x 400g tins)  
Cannellini beans (400g tin)  
Chickpeas (400g tin)

Chopped tomatoes (2 x 400g tins + 200g tin)  
Cornflour (5g)  
Dried chilli flakes (6.25g)  
Freshly ground black pepper  
Garam masala (5g)  
Garlic granules (7.5g)  
Ground coriander (5g)  
Ground cumin (10g)  
Ground turmeric (10g)  
Rapeseed or olive oil (90g)  
Kidney beans (45g drained weight from tin)  
Passata (Italian sieved tomatoes - 45g)  
Raisins (20g)  
Salsa (30g)  
Sesame seeds (15g)  
Toasted flaked almonds (30g)  
Wholegrain rice (80g)  
Wholemeal pitta breads (2 - 112g in total)  
Wholemeal wraps (2 large - 62g each)