

Operation Transformation Shopping List

Week 2 – Main Meals

Thursday 13th January - Easy Chicken Stir-Fry

Friday 14th January - Spanish Fish with Rice

Saturday 15th January - Beef Stroganoff

Sunday 16th January – Sarah Butler’s Stuffed Chicken with Parma Ham

Monday 17th January - Spanakorizo with Feta Cheese

Tuesday 18th January - Pork & Carrot Stir-Fry

Wednesday 19th January - Spicy Chicken & Cashew Traybake

FRUIT & VEGETABLES

Baby corn (150g)

Baby new potatoes (275g)

Bay leaf (1)

Broccoli (1 small head)

Carrots (4 + 1 large)

Cherry tomatoes (10)

Coriander (10g)

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

Flat-leaf parsley leaves (10g - optional)

Garlic cloves (11)

Green pepper (1)

Lemon (1 small)

Mint (10g)

Mushrooms (250g chestnut or ordinary)

Onions (4 + 1 small)

Parsley and thyme sprigs (5g)

Red chilli (1 - optional)

Red onion (1 small)

Red peppers (2)

Scallions (6)

Stir-fry vegetable mixture (315g packet - such as broccoli, mangetout & mixed vegetables)

Sweet potatoes (300g)

Yellow peppers (2)

FRESH & FROZEN PRODUCE

Chicken fillets (4 skinless and boneless)

Feta cheese (75g)

Firm white fish fillets (2 x 150g - boneless and skinless such as haddock, hake or cod)

Fresh breadcrumbs (25g)

Frozen peas (50g)

Frozen spinach (285g)

Half fat crème fraiche or cooking cream (100g)

Light cream cheese (20g such as Philadelphia)

Parma ham (2 slices)
Pork loin chops (2)
Salsa (200g - from a carton or jar)
Stir-fry chicken strips (225g)
Striploin steak (225g lean)
Uncooked chorizo (30g piece)

DRIED GOODS

Beef stock cube ($\frac{1}{4}$ – reduced sodium)
Brown basmati rice (180g)
Cajun seasoning (15g)
Chicken stock cube ($\frac{1}{4}$ – reduced sodium)
Easy ginger (10g – from a jar)
Freshly ground black pepper
Ground allspice (2.5g)
Ground cinnamon (2.5g)
Ground cumin (7.5g)
Honey (12.5g)
Mustard (5g)
Olives (50g black or green, pitted or whole)
Rapeseed oil (140g)
Reduced sodium soy sauce (40g)
Salt (optional)
Tomato puree (85g)
Unsalted cashew nuts 25g
Vegetable stock cube (1– reduced sodium)
Wholegrain rice (260g)