

Operation Transformation Shopping List

Week 1 – Main Meals

Thursday 6th January - Barbecue Chicken Thighs with Baked Potatoes

Friday 7th January - Paul's Salmon Tin Foil Dinner

Saturday 8th January - Burger & Chips

Sunday 9th January – Buffalo Turkey Chilli

Monday 10th January - Warm Roasted Pepper & Goat's Cheese Salad

Tuesday 11th January - Sean Drugan's Coconut Chicken Curry

Wednesday 12th January - Chicken Fajitas (ingredients include dinner for 2 and then lunch for 2 with no wrap)

FRUIT & VEGETABLES

Asparagus (400g bunch)
Baby spinach leaves (235g)
Bay leaf (1)
Broccoli (1 small head)
Carrot (1 large)
Celery sticks (2)
Cherry tomatoes on the vine (250g)
Chives (5g)
Courgette (1 small)
Coriander (25g)
Cucumber (½)
Flat-leaf parsley (5g)
Garlic (11 cloves)
Green beans (100g)
Lemon (½)
Limes (3)
Little Gem lettuce (10g)
Onion (1 small)
Potatoes (2 x 150g + 650g preferably Rooster)
Red chilli (1)
Red onions (1 + 2 small)
Red peppers (4)
Root ginger (4cm piece)
Rosemary (1 sprig)
Sweet potatoes (270g)
Tomatoes (5)
Yellow peppers (2)

FRESH & FROZEN PRODUCE

Blue cheese (30g)
Chicken breasts (6 skinless and boneless)
Chicken thighs (4 skinless well-trimmed)

Corn on the cob (2 frozen – 400g or use fresh)
Goat's cheese (120g)
Natural yoghurt (60g)
Peas (80g frozen)
salmon fillets (2 x 130g boneless and skinless)
Steak burgers (2 x 100g lean)
Turkey mince (250g lean)

DRIED GOODS

apple cider vinegar (25g)
balsamic vinegar (30g)
Brown burger buns (2 small seeded)
Chicken stock cube ($\frac{1}{2}$ – reduced sodium)
Chinese five-spice powder (5g)
Chopped tomatoes (400g tin)
Coconut milk (400g tin reduced fat)
Dried chilli flakes (5g)
Freshly ground black pepper
Garlic granules
Ground cumin (5g)
Ground turmeric (5g)
Honey (12.5g)
Hot sauce (5g such as Tabasco)
Mustard (5g)
Orange juice (15g)
Paprika (20g sweet or smoked)
Pickled gherkin (15g well drained – 15g)
Rapeseed oil (150g + 50g cold-pressed for a stronger flavour)
Salt (optional)
Sun-dried tomatoes (40g - well drained)
Tomato ketchup (55g - no added sugar and salt)
Tomato puree (30g)
Vegetable stock cube ($\frac{1}{4}$ – reduced sodium)
Vinaigrette salad dressing (15g shop-bought or make using the recipe)
Wholegrain mustard (20g)
Wholegrain rice (80g)
Wholemeal wraps (2)
Worcestershire sauce (5g)