

Operation Transformation Shopping List

Week 3 – Main Meals

Thursday 20th January - Mags McLoughlin's Quinoa & Vegetable Salad

Friday 21st January - Fish & Chips

Saturday 22nd January - Chicken Hot Pot

Sunday 23rd January – Italian Roast Chicken

Monday 24th January - Aaron Doyle's Chickpea Patties

Tuesday 25th January - Shane Rigney's Beef Noodle Miso Bowl

Wednesday 26th January - Mexican Chicken & Rice

FRUIT & VEGETABLES

Avocado (1 small)

Baby new potatoes (250g)

Baby spinach leaves (80g)

Basil (5g)

Carrots (3 large)

Celery stick (1)

Cherry tomatoes (7)

Chives (5g)

Coriander (15g)

Garlic cloves (6)

Lemons (2)

Limes (2)

Long sweet red peppers (2)

Mushrooms (250g - chestnut or ordinary)

Pak choy (250g)

Potatoes (650g)

Red chilli (1 mild)

Red onions (3 small)

Red pepper (1)

Rocket (100g)

Root ginger (3cm piece)

Scallions (3)

Rosemary (2 sprigs)

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

Sugar snap peas (100g)

Thyme (10g)

Turnip (1)

Vegetable stew packet (1 packet containing 1 onion, 1 leek, 3 carrots, 1 parsnip, 1 small turnip and handful of fresh curly parsley)

FRESH & FROZEN PRODUCE

Butter (10g)

Chicken thighs (2 boneless and skinless, about 225g)

Cod fillets (250g boneless and skinless)
Cooked chicken (225g shop-bought **or use leftovers from roast**)
Eggs (2 + 2 large)
Fresh white breadcrumbs (80g)
Low fat milk (30g - 1.5% fat)
Miso broth (400ml pouch or carton)
Natural yoghurt (30g - 3% fat)
Striploin steak (200g)
Sweetcorn (60g frozen or use tinned)
Whole chicken (1.5kg)

DRIED GOODS

Chicken stock cubes (1½ – reduced sodium)
Chickpeas (400g tin)
Chopped tomatoes (400g tin)
Cooked Udon noodles (120g packet)
Dried oregano (2.5g)
Freshly ground black pepper
Ground cumin (10g)
Italian seasoning (5g)
Paprika (5g)
Pearl barley (need weight)
Pine nuts (25g)
Plain flour (40g)
Porridge oats (30g)
Quinoa (180g)
Rapeseed oil (105g)
Reduced sodium soy sauce (15g)
Salt (optional)
Sesame oil (5g)
Sweet chilli sauce (5g)
Thai fish sauce (15g)
Toasted mixed seeds (10g)
Tomato puree (15g)
Vegetable stock cube (1 - reduced sodium)
Wholegrain mustard (25g)
Wholegrain rice (80g)