

Operation Transformation Shopping List

Week 4 – Main Meals

Thursday 27th January - Peanut Butter Chicken Curry

Friday 28th January - Basil Pesto Salmon Bake

Saturday 29th January - Chicken & Chorizo Pasta

Sunday 30th January - Roast Beef with Mashed Potatoes & Gravy

Monday 31st January - Rachel Balfe's Veggie Bolognese

Tuesday 1st February - Mississippi Style Jambalaya

Wednesday 2nd February - Coronation Chicken

FRUIT & VEGETABLES

Bay leaves (2)
Broccoli (1000g - 2 large & 1 small head)
Butternut squash (150g piece - you need 100g)
Carrots (2)
Celery stick (1)
Cherry tomatoes (200g)
Courgettes (2)
Garlic cloves (8)
Flat-leaf parsley (10g)
Ginger root (2.5cm)
Green pepper (1)
Lemon (½)
Lemongrass stalk (1)
Lime 1
Onions (1 + 3 small)
Potatoes (250g + 2 x 125g)
Red chillies (2 mild - optional)
Red peppers (2)
Rosemary (2 sprigs)
Scallions (4)
Shallot (1)
Yellow peppers (2)

FRESH & FROZEN PRODUCE

Butter (10g)
Chicken fillets (5 - skinless and boneless)
Chorizo (60g – uncooked)
Cooked chicken (240g - shop-bought or use leftovers)
Cooked salmon fillets (2 x 120g)
Greek style yoghurt (30g - 3% fat)
Light cream cheese (30g)
Low fat milk (15g - 1.5% fat)
Raw wild Atlantic or tiger prawns (100g - thawed if frozen)

Topside of beef (250g piece)

DRIED GOODS

Basil pesto (15g)
Beef stock cube ($\frac{1}{4}$ - reduced sodium)
Cajun seasoning (15g)
Chicken stock cube ($\frac{3}{4}$ – reduced sodium)
Chopped tomatoes (4 x 400g tins)
Curry paste (15g)
Dried apricots (50g ready-to-eat)
Freshly ground black pepper
Ground coriander (5g)
Ground cumin (10g)
Ground ginger (1.25)
Ground turmeric (5g)
Hot sauce (10g such as Tabasco)
Light coconut milk (200g tin or use $\frac{1}{2}$ 400g tin)
Light mayonnaise (45g)
Panko breadcrumbs (10g)
Paprika 2.5
Peanut butter (22.5g – no added sugar or salt)
Plain flour (5g)
Rapeseed oil (60g)
Red lentils (150g)
Reduced sodium soy sauce (15g)
Salt (optional)
Sun-dried tomatoes (60g - well drained)
Tomato puree (2.5g)
Vegetable stock cube ($\frac{1}{2}$ - reduced sodium)
Wholegrain rice (180g)
Wholewheat penne pasta (160g)
Worcestershire sauce (5g)