

## Operation Transformation Shopping List

### Week 5 – Main Meals

**Thursday 3<sup>rd</sup> February - Vegetarian Thai Green Curry**

**Friday 4<sup>th</sup> February - Cheesy Cod with Cherry Tomatoes & Mustard Mash**

**Saturday 5<sup>th</sup> February - Herby Pork Loin with Roast Vegetables**

**Sunday 6<sup>th</sup> February - Roast Chicken & Spiced Rice**

**Monday 7<sup>th</sup> February - Susuana's Jollof Rice**

**Tuesday 8<sup>th</sup> February - Spaghetti Bolognese**

**Wednesday 9<sup>th</sup> February - Chicken Fajitas (dinner for 2 and then lunch for 2 with no wrap)**

#### **FRUIT & VEGETABLES**

Baby corn (100g)  
Baby spinach leaves (80g)  
Bay leaf (1)  
Butternut squash (2 small)  
Bramley apple (1)  
Cherry tomatoes on the vine (200g)  
Chives (5g)  
Coriander (10g)  
Cucumber (¼)  
Fine green beans (600g)  
Garlic cloves (5)  
Lime (1)  
Mangetout (100g)  
Mushrooms (150g - chestnut or ordinary)  
Onions (1 +2 small)  
Parsnips (2)  
Potatoes (250g)  
Red chilli (1 mild)  
Red onions (1 large + 2 small)  
Red peppers (6)  
Root ginger (3cm piece)  
Scotch bonnet chilli (1 - optional)  
Shallots (2)  
Tomatoes (2)  
Yellow peppers (2)

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

Butter (15g)  
Cheddar cheese (30g)  
Chicken fillets (4 skinless and boneless)  
Chicken thighs (2 skinless bone in - 250g)  
Cod fillets (2 x 150g boneless and skinless)

Frozen peas (120g)  
Lean steak mince (200g)  
Low fat milk (50g - 1.5% fat)  
Natural yoghurt (60g)  
Pork loin (225g - well-trimmed)

## **DRIED GOODS**

Balsamic vinegar (30g)  
Chicken stock cubes (1<sup>3</sup>/<sub>4</sub> – reduced sodium)  
Chickpeas (400g tin)  
Chinese five-spice powder (5g)  
Chopped tomatoes (200g tin or use ½ regular sized tin + 400g tin)  
Dijon mustard (5g)  
Dried basil (2.5g)  
Dried chilli flakes (7.5g)  
Dried oregano (2.5g)  
Dried parsley (2.5g)  
Dried thyme (2.5g)  
Freshly ground black pepper  
Ground cumin (5g)  
Honey (5g)  
Italian seasoning (5g)  
Light coconut milk (200g tin or use ½ regular 400g tin)  
Long grain rice (260g)  
Mayonnaise (10g)  
Mild curry paste or powder (32.5g)  
Paprika (10g - sweet or smoked)  
Rapeseed oil (110g + 50g cold-pressed for a stronger flavour if making dressing)  
Salt (optional)  
Thai green curry paste (30g)  
Tomato puree (60g)  
Vegetable stock cube (1 – reduced sodium)  
Vinaigrette salad dressing (15g - shop-bought or use recipe)  
Wholegrain mustard (10g)  
Wholegrain rice (160g)  
Worcestershire sauce (2.5g)  
Wholemeal wraps (2)  
Wholewheat spaghetti (100g)  
Wholegrain mustard (15g)