

## Operation Transformation Shopping List

### Week 6 – Main Meals

**Thursday 27<sup>th</sup> January - Asian Chicken Noodle Bowl**

**Friday 28<sup>th</sup> January - Fish Pie**

**Saturday 29<sup>th</sup> January - Mushroom & Goat's Cheese Pizza**

**Sunday 30<sup>th</sup> January - Chicken & Broccoli Bake**

**Monday 31<sup>st</sup> January - Chickpea & Tomato Penne Pasta**

**Tuesday 1<sup>st</sup> February - Shane Rigney's Beef Noodle Miso Bowl**

**Wednesday 2<sup>nd</sup> February - Chicken Arrabbiata**

### **FRUIT & VEGETABLES**

Baby spinach leaves (720g)

Bay leaves (2)

Broccoli (800g)

Carrots (2)

Celery sticks (3)

Chives (12g)

Coriander (5g)

Cucumber (1/4)

Flat-leaf parsley (10g)

Garlic cloves (7)

Leeks (2)

Limes (3)

Mangetout (100g)

Mushrooms (350g - chestnut or ordinary)

Onion (1 small)

Pak choy (250g)

Potatoes (750g)

Red chillies (3 - mild)

Red onions (3 small)

Red peppers (3)

Root ginger (3cm piece)

Rosemary (5g)

Scallions (5)

Tomatoes (2)

### **FRESH & FROZEN PRODUCE**

Butter (45g)

Chicken fillets (4 skinless and boneless)

Chicken thighs (250g – skinless and bone in)

Fresh breadcrumbs (15g)

Goat's cheese (120g)

Low fat milk (465g - 1.5% fat)

Mini pizza bases (2 x 50g - such as Pizza da Piero)

Pecorino Romano (20g – freshly grated or use a vegetarian equivalent)  
Salmon fillets (200g - boneless and skinless)  
Striploin steak (200g)  
White fish fillets (400g - boneless and skinless - such as hake, cod, haddock or pollock)

### **DRIED GOODS**

Balsamic vinegar (30g)  
Cherry tomatoes (400g tin)  
Chicken stock cube ( $\frac{1}{4}$  - reduced sodium)  
Chickpeas (400g tin)  
Cooked Udon noodles (120g packet)  
Dried chilli flakes (10g)  
Dried oregano (5g)  
Dried wholewheat noodles (100g)  
Honey (10g)  
Freshly ground black pepper  
Miso broth (400g pouch)  
Passata (250g - Italian sieved tomatoes)  
Pizza sauce (100g – from a tin or jar such as Mutti)  
Plain flour (45g)  
Salt (optional)  
Sesame oil (10g)  
Rapeseed oil (55g + 50g cold-pressed if making dressing)  
Rice wine vinegar (15g)  
Reduced sodium soy sauce (30g)  
Thai fish sauce (15g)  
Tomato puree (30g)  
Unsalted cashew nuts (5)  
Vegetable stock cube (1 - reduced sodium)  
Wholegrain mustard (15g)  
Vinaigrette salad dressing (15g - shop-bought or see separate recipe)  
Wholewheat penne pasta (80g)  
Wholewheat spaghetti (80g)