

Operation Transformation 2024



Operation Transformation Shopping List

Week 1 – Main Meals

Monday 15th January - Chicken & Veggie Pizza

Tuesday 16th January - Paul's Salmon Tin Foil

Wednesday 17th January - Black Bean Burrito

Thursday 18th January – Roast Chicken, Mashed Potatoes, Green Beans & Gravy

Friday 19th January - Easy Chickpea Masala

Saturday 20th January - Chicken, Bean & Broccoli Bake

Sunday 21st January – Rainbow Chilli

FRUIT & VEGETABLES

Asparagus (400g bunch) Baby spinach leaves (20g)

Basil (5g - optional)

Broccoli (200g)

Butternut squash (1)

Cherry tomatoes on the vine (250g + 100g)

Coriander (10g - optional)

Courgette (1 small)

Garlic (4 cloves)

Green beans (200g)

Mushrooms (100g)

Onions (3)

Potatoes (650g)

Red onion (½ small)

Red peppers (3 small)

FRESH & FROZEN PRODUCE

Butter (15g)

Cheddar cheese (20g)

Chicken breast fillets (2)

Chicken thighs (2 large - 220g in total)

Cooked chicken (200g diced or shredded)

Fresh poultry gravy (250g carton or use 20g chicken gravy granules)

Low fat milk (1.5% fat - 280g)

Mozzarella ball (100g)

Natural yoghurt (90g)

Salmon fillets (2 x 130g boneless and skinless)

Wholegrain bread (1 slice)

DRIED GOODS

Black beans (2 x 400g tins)

Cannellini beans (400g tin)

Chickpeas (400g tin)
Chopped tomatoes (2 x 400g tins + 200g tin) Cornflour (5g)
Dried chilli flakes (6.25g)
Freshly ground black pepper
Garam masala (5g)
Garlic granules (7.5g)
Ground coriander (5g)
Ground cumin (10g)
Ground turmeric (10g)
Rapeseed or olive oil (90g)
Kidney beans (45g drained weight from tin)
Passata (Italian sieved tomatoes - 45g)
Raisins (20g)
Salsa (30g)
Sesame seeds (15g)
Toasted flaked almonds (30g)
Wholegrain rice (80g)
Wholemeal pitta breads (2 - 112g in total)
Wholemeal wraps (2 large - 62g each)