

Operation Transformation 2024



Operation Transformation Shopping List

Week 2 – Main Meals

Monday 22nd January - Emily's Feta Cheese Couscous

Tuesday 23rd January - Fish Tacos

Wednesday 24th January - Burger & Chips

Thursday 25th January – Stefano's Creamy Chicken & Mushroom Pasta

Friday 26th January - Veggie Spag Bol

Saturday 27th January - Speedy Turkey & Tomato Penne Pasta

Sunday 28th January – Black Bean Stir Fry with Noodles

note: check items marked in blue as you may already have in your store cupboard.

FRUIT & VEGETABLES

Avocado (1 small - 75g)
Baby spinach leaves (330g)
Basil (5g)
Carrots (2)
Celery (1 stick) Chives (15g)
Courgette (1 small)
Cucumber (¼)
Flat-leaf parsley (15g)
Garlic (6 cloves)
Green beans (250g)
Lemon (1)
Limes (2)
Little Gem lettuce (10g)
Mangetout (150g)
Mushrooms (300g)
Onions (2)
Potatoes (250g)
Red cabbage (50g piece)
Red chilli (1 mild)
Red pepper (1 small)
Root ginger (10g)
Scallions (4)
Tomatoes (4)

FRESH & FROZEN PRODUCE

Bacon medallion (1 lean)
Chicken fillets (2)
Feta cheese (150g)
Light cream cheese (125g)
Natural yoghurt (60g)

Parmesan (50g freshly grated)
Steak burgers (2 x 100g <5% fat from the butchers or make them yourself)
Turkey rashers (4)
White fish fillets (250g boneless and skinless – 250g)

DRIED GOODS

Black beans (400g tin)
Chopped tomatoes (400g tin)
[Dried chilli flakes \(7.25g\)](#)
Dried Italian seasoning (10g)
[Freshly ground black pepper](#)
Green lentils (400g tin)
[Ground coriander \(5g\)](#)
[Ground cumin \(5g\)](#)
Honey (20g)
Mustard (5g)
Passata (Italian sieved tomatoes – 400g)
Pickled gherkin (1 small – 15g)
Pumpkin seeds (10g)
[Rapeseed or olive oil \(80g\)](#)
Reduced salt soy sauce (30g)
Reduced sodium vegetable stock cube (½)
Seeded brown burger buns (2 small)
Smoked paprika (5g)
[Toasted sesame seeds \(10g\)](#)
Tomato ketchup (5g)
Tomato puree (15g)
Wholemeal couscous (150g)
Wholemeal wraps (4 small - 160g)
Wholewheat noodles (100g)
Wholewheat penne pasta (250g)
Wholewheat spaghetti (100g)