

Operation Transformation 2024



Operation Transformation Shopping List

Week 4 – Main Meals

Monday 5th February - Caprese Stuffed Chicken with Crispy Potatoes

Tuesday 6th February - Cajun Hake & Vegetable Bake

Wednesday 7th February - Chipper Spice Bag

Thursday 8th February – Tofu Pad Thai

Friday 9th February - Veggie Rice Hot Pot

Saturday 10th February - Super Seeded Chicken Fajitas

Sunday 11th February – Thai Green Butter Bean Curry

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

FRUIT & VEGETABLES

Basil (5g - optional)
Baby new potatoes (350g)
Baby spinach leaves (30g)
Beansprouts (100g)
Broccoli (150g)
Cherry tomatoes (100g)
Coriander (15g - optional)
Courgettes (3 small)
Garlic (5 cloves)
Lime (1)
Scallions (5)
Mangetout (150g)
Mushrooms (140g)
Onions (1 + 1 small)
Potatoes (1 large 350g + 400g)
Red chilli (1)
Red onions (3)
Red peppers (5 small)
Root ginger (30g)

FRESH & FROZEN PRODUCE

Chicken breast fillets (6)
Eggs (3 large + 1)
Hake fillets (2 x 150g skinless & boneless)
Frozen peas (50g)
Natural yoghurt (60g)
Mozzarella cheese (30g grated)
Tofu (150g)
Wholegrain bread (2 slices - 64g)

DRIED GOODS

Butter beans (400g tin)
Cajun seasoning (7.5g)
Cashew nuts (10g)
Chinese five-spice powder (10g)
Dried wholewheat noodles (100g)
Freshly ground black pepper
Garlic granules (5g)
Ground cumin (10g)
Honey (10g)
Light coconut milk (400g tin + 160g tinned)
Light mayonnaise (30g)
Mild chilli powder (5g)
Rapeseed or olive oil (105g)
Reduced salt soy sauce (45g)
Reduced sodium vegetable stock cube (1)
Smoked paprika (5g)
Sunflower seeds (15g)
Thai green curry paste (35g)
Toasted sesame seeds (10g)
Wholegrain rice (205g)
Wholewheat wraps (2 small - 40g each)