

Operation Transformation 2024



Operation Transformation Shopping List

Week 5 – Main Meals

Monday 12th February - Susuana's Jollof Rice

Tuesday 13th February - Spaghetti Bolognese

Wednesday 14th February - Chicken Fajitas (dinner for 2 and then lunch for 2 with no wrap)

Thursday 15th February – Vegetarian Thai Green Curry

Friday 16th February - Cheesy Cod with Cherry Tomatoes & Mustard Mash

Saturday 17th February - Herby Pork Loin with Roast Vegetables

Sunday 18th February – Roast Chicken & Spiced Rice

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

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 (1¾ – 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)