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## Operation Transformation

### Week 1- Main Meals Shopping List

Day	Date	Recipe
1	6 January (Friday)	Fish and Chips
2	7 January (Saturday)	Loaded Mac n' Cheese
3	8 January (Sunday)	Steak and Garlic Mash

#### Notes:

- Herbs can be used dried or fresh. Vegetables can be fresh or frozen.
- Many of these ingredients will become cupboard staples and used in future recipes

#### Meat / Fish

#### QTY

- Sirloin / Fillet Steak 250g
- Cod Fillets 300g

#### Vegetables / Fruits / Herbs

#### QTY

- Broccoli 1 head
- Cauliflower 1 head
- Garlic 1 bulb
- Potatoes 500g
- Frozen peas 150g
- Parsley 1 handful

#### Dairy

#### QTY

- Semi Skimmed Milk 1 Pint
- Butter 1 small tub
- Cheddar Cheese 70g
- Eggs 1

**Canned Goods and Sundries****QTY.**

- Olive Oil 1 bottle
- Plain Flour 1 bag
- Wholewheat pasta 100g
- Breadcrumbs 75g

Notes