



## Operation Transformation

### Week 5 - Main Meals Shopping List

Day	Date	Recipe
25	30 January (Monday)	Paprika Pork Steak and Potatoes
26	31 January (Tuesday)	Creamy Prawn and Courgette Pasta
27	1 February (Wednesday)	Beef Kofta Wraps
28	2 February (Thursday)	Chicken Parmesan
29	3 February (Friday)	Mustard Roasted Salmon
30	4 February (Saturday )	Vegetable Lasagne
31	5 February (Sunday)	Roast Beef

#### 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.
▪ Pork Steak	250g
▪ Steak Mince	200g
▪ Chicken fillets	2
▪ Salmon fillets	2
▪ Cut of Topside Beef	500g
▪ Uncooked Prawns	160g

Vegetables / Fruits / Herbs	QTY.
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▪ Broccoli	1 head
▪ Carrots	3
▪ Onions	1
▪ Potatoes	500g
▪ Tomatoes	1 pack
▪ Baby gem lettuce	70g
▪ Garlic	1 bulb
▪ Tomatoes	1 pack
▪ Green beans	700g
▪ Courgette	3
▪ Potatoes	250g
▪ Cherry tomatoes	500g
▪ Head savoy cabbage	1
▪ Baby potatoes	250g
▪ Onions	1
▪ Celery	1 pack
▪ Rosemary	2 sprigs
▪ Baby Spinach	1 bag
▪ Mint	1 pack
▪ Paprika	1 small jar
▪ Smoked Paprika	1 small jar
▪ Chilli Powder	1 small jar
▪ Chilli Flakes	1 jar
▪ Dried Oregano	1 jar
▪ Dill	1 pack

## Dairy

## QTY.

▪ Butter	1 small tub
▪ Low fat milk	1 pint
▪ Mozzarella Cheese	100g
▪ Parmesan Cheese	1 pack
▪ Semi skimmed milk	1 pint
▪ Light Cream Cheese	1 small tub
▪ 3% Fat Natural Yoghurt	1 tub
▪ Ricotta Cheese	1 small tub

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

- Wholewheat pasta 200g
- Wholewheat Wraps 1 pack
- Wholewheat lasagne sheets 1 pack
- Plain flour 1 bag
- Beef stock cubes 1 pack
- Olive Oil 1 bottle
- Rapeseed Oil 1 bottle
- Wholegrain Mustard 1 jar
- White Wine Vinegar 1 bottle
- Chilli Powder 1 jar
- Curry Paste 1 tub
- Ginger 1 jar
- Mango Chutney 1 bottle

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