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Operation Transformation

Week 6 - Main Meals Shopping List

Day	Date	Recipe
32	6 February (Monday)	Beef Satay
33	7 February (Tuesday)	Pad Thai
34	8 February (Wednesday)	Smokey Pork Chops
35	9 February (Thursday)	BBQ Chicken
36	10 February (Friday)	Cod with Roasted Red Pepper Sauce
37	11 February (Saturday)	Chilli and Sweet Potato Cubes
38	12 February (Sunday)	Roast Chicken

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.

▪ Cod Fillets	2
▪ Minced Meat	500g
▪ Chicken breasts	2
▪ Pork loin chops	2
▪ Uncooked Prawns	160g
▪ Beef	250g
▪ Large Chicken	1

Vegetables / Fruits / Herbs

QTY.

▪ Red pepper	2
▪ Beansprouts	200g
▪ Scallions	1 bunch
▪ Onions	2
▪ Carrots	6
▪ Parsnips	2
▪ Potatoes	500g
▪ Baby potatoes	300g
▪ Greenbeans	700g
▪ Garlic	1 bulb
▪ Sweet Potato	1
▪ Courgette	1
▪ Cashews	25g
▪ Coriander	1 pack
▪ Lemon	1

Dairy

QTY.

▪ Butter	1 tub
▪ Cooking Cream	1 tub
▪ Semi Skimmed Milk	1 pint
▪ Cheddar Cheese	40g
▪ Natural Yoghurt	40g

Canned Goods and Sundries

QTY.

▪ Wholegrain rice	100g
▪ Wholewheat Noodles	100g
▪ Cocoa Powder	1 tub
▪ Chilli Powder	1 jar
▪ Beef Stock Cube	1 pack
▪ Chopped tomatoes	1 can
▪ 400g black eyed beans	1 can
▪ Cumin	1 jar
▪ Crunchy Peanut Butter	1 jar

- Orange Juice 1 pint
- Smoked Paprika 1 jar
- Paprika 1 jar
- Olive Oil 1 bottle
- Rapeseed Oil 1 bottle
- Thai fish Sauce 1 bottle
- Honey 1 jar
- Reduced Sodium Soy Sauce 1 bottle
- Hot Sauce 1 bottle
- Tomato Ketchup 1 bottle
- Cider Vinegar 1 bottle
- Worcestershire Sauce 1 bottle
- Pre-roasted red peppers 1 jar

Notes

