

# WEEK 1

## OPERATION TRANSFORMATION CORE EQUIPMENT LIST

Sharp knife  
Wooden spoon  
Medium saucepan  
Roasting tin  
Frying pan  
Casserole dish  
Weighing scales  
Tongs  
Measuring jug  
Potato masher  
Fish slice/Slotted turner  
Chopping board  
Box grater  
Tupperware containers  
Vegetable peeler  
Petat Steamer  
Kitchen scissors  
Sieve  
Ladle

## BREAKFAST

### Overnight Oats

Serves 1 (contains approximately 200 kcal)

#### The Ingredients

30g porridge oats  
100ml low fat milk (1.5% fat)  
30g Greek-style natural yoghurt (3% fat)  
1 ripe tomato  
30g mixed berries (fresh or frozen) or preferred chopped fruit, such as banana, apple or pineapple

#### The Method

Mix all the ingredients in a bowl or lupperware container. Cover with cling film or a lid. Chill for at least 3 hours or overnight is best to soften the oats before eating.

Give the oat mixture a good stir and transfer to a bowl to serve.

#### Prepare Ahead

These oats can be made in larger batches and stored up to 3 days in the fridge without adding the fruit until ready to serve as it may discolour. Alternatively freeze in individual containers once they have been allowed to soften to use at a later date. Thaw the frozen containers overnight in the fridge or microwave on high for 1-2 minutes, then fold in the berries or fruit. Bring a spoon if transporting.

\* Suitable for vegetarians.



## LUNCH

### Turkey Club Sandwich

Serves 1 (contains approximately 370 kcal)

#### The Ingredients

2 slices of wholemeal bread  
1 teaspoon mayonnaise (5g)  
½ teaspoon Dijon mustard (2.5g)  
1 ripe tomato  
100g cooked turkey slices  
25g mixed baby salad leaves  
salt (optional) and freshly ground black pepper

#### The Method

Spread the two slices of bread lightly with the mayonnaise followed by the mustard.

Using a serrated or sharp bread knife, cut the tomato into thin slices and arrange on top of one of the pieces of bread. Season lightly with salt (optional) and pepper to taste. Cover with the turkey and then cover with a mound of the mixed baby salad leaves on top. Put the other slice of bread on top and cut the sandwich on the diagonal.

Put the turkey club sandwich on a plate to serve.

#### Prepare Ahead

Once the sandwich is made wrap in parchment paper, then tin foil to pack into a suitable container for a lunchbox.



# Main Plan

## WEEK 1 DAY 1 Thursday 9th January



DINNER - Mango Chicken

Serves 2 (each serving contains approximately 490 kcal)

#### The Ingredients

2 skinless and boneless chicken fillets  
4 teaspoons mango chutney (from a jar – 40g)  
80g natural yoghurt (3% fat)  
2 tablespoons wholegrain mustard (30g)  
350g baby new potatoes  
1/2 butternut squash (you need 240g cubes)  
1 small head broccoli (you need 240g florets)  
salt (optional) and freshly ground black pepper

#### The Method

Preheat the oven to 180C / 350F / gas mark 4. Place the chicken fillets in a small ovenproof dish that they will fit into snugly. Mix together the mango chutney in a separate bowl with the yoghurt and wholegrain mustard and season lightly with salt (optional) and pepper to taste. Then spoon a third over the chicken, turning to coat the fillets evenly. Set aside to marinate for 10 minutes, if time allows. Cover the chicken tightly with tin foil and place in the oven for 20 minutes or until piping hot with no pink meat and the juices run clear. Set the remainder of the mango yoghurt aside to use as a dip. Always wash your hands and equipment in warm soapy water after handling raw chicken.

Meanwhile, place the potatoes in a pan of boiling water and cook over a medium heat for 15-20 minutes or until tender (or use a steamer if you have one available).

Peel the butternut squash and remove the seeds, then cut into 2.5cm cubes – you need 240g in total. Break or cut off the broccoli florets and then cut into even-sized small florets so that they will cook evenly – you will need 240g in total. Steam the butternut squash for 10 minutes, then tip the broccoli on top and steam for another 5 minutes until all the vegetables are tender.

Arrange the mango chicken on plates with the steamed butternut squash and broccoli with the baby potatoes. Put small dipping bowls of the mango yoghurt alongside to serve.

#### Prepare Ahead

If time allows marinate the chicken fillets in the mango yoghurt in a non-metallic dish covered with cling film for up to 3 days on the bottom shelf of the fridge, which will tenderise the meat. Prepare the butternut squash and broccoli and keep in a suitable container ready to cook in the fridge for up to 3 days to save time before cooking. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave when ready to eat or serve cold. If transporting bring cutlery with you.

## WEEK 1 DAY 2 Friday 10th January



DINNER - Tuna Pasta with Sweetcorn & Peppers

Serves 2 (each serving contains approximately 510 kcal)

#### The Ingredients

80g wholewheat penne pasta  
25g butter  
25g plain flour  
200ml low fat milk (1.5% fat)  
2 teaspoons Dijon mustard or tomato puree (10g)  
1 green pepper  
130g tin tuna in spring water  
200g tin sweetcorn (salt free – 165g drained)  
1 tablespoon snipped fresh chives (optional)  
salt (optional) and freshly ground black pepper

#### The Method

Cook the penne in a saucepan of boiling water with a pinch of salt (optional) for 10-12 minutes or according to packet instructions.

Meanwhile, melt the butter in a small saucepan over a medium to low heat. Stir in the flour and cook for 1 minute, stirring quickly with a wooden spoon to make a smooth glossy paste (which is called a roux). Remove from the heat and gradually pour in the milk, whisking until

smooth after each addition. Season lightly with salt (optional) and plenty of freshly ground black pepper. Bring to the boil, then stir in the mustard or tomato puree until evenly combined. Reduce the heat and simmer gently for 5 minutes, stirring occasionally, until smooth and thickened.

Cut the green pepper in half and remove the core and seeds, then dice. Drain the tuna and sweetcorn and fold into the sauce with the diced green pepper. Drain the pasta into the sink in a colander, then return to the pan and fold in the tuna and sauce with the chives (optional). Divide evenly between two pasta bowls to serve.

#### Prepare Ahead

The tuna and sauce could be made up to 3 days in advance and stored in an airtight container in the fridge within 2 hours of cooking.

Alternatively, you could cook the pasta for a little less time so it still has some bite and put into a suitable ovenproof dish with the tuna and sauce. Bake for about 30 minutes from fridge cold at 180C / 350F / gas mark 4 and cover with tin foil if you think that the top is browning too quickly. It could also be frozen for up to 1 month and defrosted thoroughly on the bottom shelf of the fridge before baking as could the sauce on its own.

## WEEK 1 DAY 3 Saturday 11th January



DINNER Veggie Quesadilla

Serves 2 (each serving contains approximately 550 kcal)

#### The Method

Peel the butternut squash and then cut in half and remove the seeds. Dice the flesh and steam for 10-12 minutes or until tender when pierced with the tip of a sharp knife. Tip into a bowl and blend to a puree with a hand blender (or if you don't have one, mash to a rough puree with a fork or a potato masher).

Cut the onion in half, then peel and very finely chop. Melt the butter in a small saucepan over a medium to low heat. Sauté the onion for 2-3 minutes until softened but not coloured.

Stir in the flour and cook for 1 minute, stirring quickly with a wooden spoon to make a smooth glossy paste (which is called a roux). Remove from the heat and gradually pour in the milk, whisking until smooth after each addition. Season lightly with salt (optional) and plenty of freshly ground black pepper. Bring to the boil, then reduce the heat and simmer gently for 5 minutes, stirring occasionally, until smooth and thickened. Add the mustard, then grate in the cheese and remove from the heat, then stirring until melted.

Preheat the oven to 180C / 350F / gas mark 4. Bring the macaroni to the boil in a large saucepan of boiling water with a pinch of salt (optional) then reduce the heat and cook for 7-8 minutes or according to packet instructions. Drain in a colander in the sink and return to the pan. Fold in the cheese sauce with the butternut puree until evenly combined.

Transfer to two 300ml individual ovenproof dishes (or just use one large one). Bake in the oven for 20-25 minutes until bubbling and lightly golden.

When the mac'n' cheese is almost ready, place the sugar snap peas in a steamer for 1-2 minutes until just tender. Arrange the butternut mac'n' cheese on plates and season with pepper. Put the sugar snap peas alongside to serve.

#### The Ingredients

½ small red onion  
2 red peppers  
1 garlic clove  
10 cherry tomatoes  
60g Cheddar cheese  
200g tin kidney beans (or use ½ 400g tin – you need 120g)  
1 tablespoon rapeseed oil (15g)  
1 ½ teaspoons ground cumin  
2 wholemeal wraps  
10g baby spinach leaves  
2 tablespoons shop-bought salsa  
1 teaspoon natural yoghurt (3% fat – 5g)  
salt (optional) and freshly ground black pepper

#### The Method

Preheat the oven to 200C / 400F / gas mark 6. Peel and thinly slice the red onion. Cut the peppers in half, then remove the seeds and core and thinly slice the flesh. Peel and crush the garlic. Dice the cherry tomatoes and grate the cheese. Drain the kidney beans into a sieve in the sink and rinse under cold running water. Drain well.

Heat a frying pan over a medium to medium to high heat. Add the oil and swirl up the sides. Tip in the onion and peppers and sauté for about 5 minutes until tender and just beginning to pick up a bit of colour.

Stir the garlic and cumin into the onion and pepper mixture and cook for another minute, stirring.

Place the wraps on a baking sheet and divide the vegetable mixture between them. Spoon over the kidney beans and cherry tomatoes. Season lightly with a little salt (optional) and pepper, then sprinkle the cheese on top. Place in the oven for 5 minutes until the cheese is beginning to melt and the bottom of the wraps are crisped up.

Transfer the quesadillas to plates and top each one with a small pile of spinach leaves and tablespoon of the salsa with half a teaspoon of yoghurt.

Season with pepper to serve.

#### Prepare Ahead

Make up the onion and pepper mix up to 3 days in advance and store in a suitable container in the fridge so you have everything ready to assemble ready to go.

## WEEK 1 DAY 4 Sunday 12th January



DINNER Pork Chops Cacciatore

Serves 2 (each serving contains approximately 545 kcal)

#### The Ingredients

2 pork loin chops (well trimmed)  
1 small onion  
1 green pepper  
200g mushrooms (chestnut or ordinary)  
2 celery sticks  
1 garlic clove  
handful of fresh basil leaves or 1 teaspoon dried basil  
400g tin chopped tomatoes

#### The Method

Preheat the oven to 200C / 400F / gas mark 6. Peel and thinly slice the red onion. Cut the peppers in half, then remove the seeds and core and thinly slice the flesh. Peel and crush the garlic. Dice the cherry tomatoes and grate the cheese. Drain the kidney beans into a sieve in the sink and rinse under cold running water. Drain well.

Heat a frying pan over a medium to medium to high heat. Add the oil and swirl up the sides. Tip in the onion and peppers and sauté for about 5 minutes until tender and just beginning to pick up a bit of colour.

Stir the garlic and cumin into the onion and pepper mixture and cook for another minute, stirring.

Place the wraps on a baking sheet and divide the vegetable mixture between them. Spoon over the kidney beans and cherry tomatoes. Season lightly with a little salt (optional) and pepper, then sprinkle the cheese on top. Place in the oven for 5 minutes until the cheese is beginning to melt and the bottom of the wraps are crisped up.

Transfer the quesadillas to plates and top each one with a small pile of the spinach leaves and put a tablespoon of the salsa on top with half a teaspoon of yoghurt. Season with pepper to serve.

#### Prepare Ahead

Make up the onion and pepper mix up to 3 days in advance and store in a suitable container in the fridge so you have everything ready to assemble ready to go.

#### 1 teaspoon cornflour (5g)

#### 1 teaspoon water

#### 80g wholewheat spaghetti

#### salt (optional) and freshly ground black pepper

#### The Method

Preheat the oven to 160C / 325F / gas mark 3. Put the pork loin chops in a small casserole dish with a lid (or if you don't have one use a small roasting tin lined with parchment paper and tin foil for the lid).

Cut the onion in half and peel off the skin, then cut into slices, discarding the root. Cut the pepper in half and remove and discard the core and seeds, then cut into bite-sized pieces. Trim the mushrooms and cut into slices. Trim the celery sticks and cut into slices. Peel and grate the garlic on the fine side of a box grater.

Scatter the onion, pepper, mushrooms and celery over the pork chops. Stir the garlic and basillito the chopped tomatoes and season lightly with salt (optional) and plenty of freshly ground black pepper. Pour over the pork and vegetables so that they are covered completely. Put on the lid and cook for 1 hour until the pork is piping hot with no pink meat and the juices run clear.

Mix the cornflour with the water to a smooth paste. Remove the casserole dish from the oven then stir the paste into the sauce. Put the casserole dish on the hob for 1-2 minutes to thicken.

Meanwhile, cook the spaghetti in a pan of boiling water with a pinch of salt (optional) for 10-12 minutes or according to packet instructions. Drain in a colander into the sink. Divide the spaghetti between two wide rimmed bowls and using a tongs put a pork chop on top, then spoon over the vegetables and sauce. Garnish with the fresh basil leaves to serve.

Peel the onion, then cut in half and finely chop. Peel and crush the garlic. Prepare the vegetables – peel the carrots and cut into thin slices and break the broccoli and cauliflower into small florets – you'll need 600g once trimmed.

Heat a frying pan over a medium heat. Add the oil and sauté the onion and garlic for 6-8 minutes until golden brown.

## WEEK 1 DAY 4 Sunday 12th January



DINNER Vegetable Korma

Serves 2 (each serving contains approximately 500 kcal)

#### The Ingredients

80g wholegrain brown rice  
1 small onion  
1 garlic clove  
750g mixed vegetables (carrot, broccoli and cauliflower)  
1 tablespoon rapeseed oil (15g)  
1 ½ teaspoons curry powder or paste (7.5g)  
200g tin chopped tomatoes (or use ½ a regular tin)  
½ teaspoon tomato puree (2.5g)  
5 tablespoons water (75ml)  
75g natural yoghurt (3% fat)  
2 tablespoons ground almonds (30g)  
5g fresh coriander sprigs  
salt (optional) and freshly ground black pepper

#### The Method

Rinse the rice well in a sieve and then add to the pan with 250ml of water. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes without lifting off the lid, then turn off the heat and leave to sit for another 10 minutes for perfectly cooked rice (or cook to packet instructions).

#### Prepare Ahead

Once made this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave or in a saucepan or casserole with a lid over a gentle heat when ready to eat. It can also be made very successfully in a slow cooker – simply follow the instructions above but put the cornflour and water mixture in at the beginning and cook on low for 4 hours.

## WEEK 1 DAY 5 Monday 13th January



DINNER Veggie Satay Noodles

Serves 2 (each serving contains approximately 530 kcal)

#### The Ingredients

100g dried wholewheat noodles  
1 red pepper  
1 yellow pepper  
1 green pepper  
3 scallions  
handful natural skinned peanuts (10g)  
1 tablespoon rapeseed oil (15g)  
1 teaspoon natural peanut butter (5g) (preferably crunchy with no added sugar & salt – check the label the sugar should be no more than 5g per 100g)  
160g tin coconut milk  
2 tablespoons reduced sodium soy sauce (30g)

Chop the peppers and keep in a suitable container in the fridge for up to 3 days. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave when ready to eat or serve cold. If transporting bring cutlery with you.

#### The Method

Bring a saucepan of water to the boil over a medium heat. Add the noodles and cook for 4-5 minutes until almost tender or according to instructions on the packet. Drain and quickly refresh under cold running water to prevent further cooking.

Cut each pepper in half and remove and discard the seeds and cores, then thinly slice. Trim and thinly slice the scallions.

Heat a wok or large frying pan over a medium to high heat. Dry roast the peanuts, tossing regularly until evenly coloured. Tip on to the chopping board and once they have cooled down, roughly chop. Set aside.

Add the oil to the wok and swirl up the sides, then add the peppers and stir-fry for a couple of minutes until the peppers begin to pick up a bit of colour. Tip in the scallions and stir-fry for another minute.

Add the peanut butter, coconut milk and soy sauce to the wok and mix everything together. Bubble over a high heat until you have a nice thick sauce. Add the noodles and mix again until evenly combined and heated through. Divide into bowls and scatter the peanuts on top to serve.

#### Prepare Ahead

Chop the peppers and keep in a suitable container in the fridge for up to 3 days. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave when ready to eat or serve cold. If transporting bring cutlery with you.

## WEEK 1 DAY 5 Monday 13th January



DINNER Veggie Satay Noodles

Serves 2 (each serving contains approximately 530 kcal)

#### The Ingredients

100g dried wholewheat noodles  
1 red pepper  
1 yellow pepper  
1 green pepper  
3 scallions  
handful natural skinned peanuts (10g)  
1 tablespoon rapeseed oil (15g)  
1 teaspoon natural peanut butter (5g) (preferably crunchy with no added sugar & salt – check the label the sugar should be no more than 5g per 100g)  
160g tin coconut milk  
2 tablespoons reduced sodium soy sauce (30g)

#### The Method

Bring a saucepan of water to the boil over a medium heat. Add the noodles and cook for 4-5 minutes until almost tender or according to instructions on the packet. Drain and quickly refresh under cold running water to prevent further cooking.

WEEK 1 DAY 6 Tuesday 14th January



Serves 2 (each serving contains approximately 545 kcal)

- The Ingredients**  
 2 skinless and boneless chicken fillets  
 1 garlic clove  
 1 lime  
 ½ teaspoon Chinese five-spice powder  
 ½ teaspoon dried chilli flakes  
 ½ teaspoon ground cumin  
 1 teaspoon paprika (sweet or smoked)  
 1 small red onion  
 1 red pepper  
 1 yellow pepper  
 1 tablespoon rapeseed oil (15g)  
 2 wholemeal wraps  
 2 tablespoons natural yoghurt (30g)  
 5g fresh coriander leaves  
 salt and freshly ground black pepper  
 side salad, to serve (see recipe link)

**The Method**

Using a small sharp knife, cut the chicken into strips and put in a bowl. Always wash your hands and equipment in warm soapy water after handling raw chicken.

Peel the garlic and crush. Cut the lime in half and squeeze onto the chicken with the garlic and spices. Season to taste with salt and pepper.

Cut the onion in half and peel off the skin, then cut into slices. Cut the peppers in half and remove and discard the seeds and cores, then cut into slices.

Heat a frying pan or a wok over a medium heat. Add the oil and swirl up the sides, then tip in the onion and peppers and stir-fry for 3–4 minutes until just tender but still with a little bite. Add the marinated chicken to the pan and stir-fry for 4–5 minutes or until the chicken is piping hot with no pink meat and the juices run clear. Tip on to a plate.

Wipe out the frying pan and return to a medium heat. Heat each wrap for about 10 seconds on each side. Arrange on plates and divide the chicken and vegetable mixture between them. Add the yoghurt and coriander leaves before rolling up and cutting in half. Arrange on plates with a side salad to serve.

**Prepare Ahead**

If time allows marinate the chicken fillets in a non-metallic dish covered with cling film for up to 3 days on the bottom shelf of the fridge, which will tenderise the meat. Prepare the vegetables and keep in a suitable container ready to cook in the fridge for up to 3 days to save time before cooking. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave when ready to eat or serve cold in a lunchbox.

**DINNER ACCOMPANIMENTS – SIDES**



Side Salad

Serves 2 (each serving contains approximately 65 kcal)

- The Ingredients**  
 80g baby spinach leaves  
 1 ripe tomato  
 ¼ cucumber  
 1 tablespoon vinaigrette salad dressing (shop-bought or see recipe link)

**The Method**

Put the spinach leaves in a bowl. Dice the tomato and cucumber and scatter on top. Dress with the vinaigrette, tossing to coat and arrange on plates to serve.

**Prepare Ahead**

The salad can be kept in an airtight container for up to 1 day in the fridge with the vinaigrette in a separate small container. Dress just before serving and bring a fork if transporting.

**DINNER ACCOMPANIMENTS – DRESSING**



Vinaigrette Salad Dressing

Makes 8 servings (contains approximately 65 kcal in each 1 tablespoon serving)

- The Ingredients**  
 1 small garlic clove  
 2 tablespoons balsamic vinegar (30g)  
 50ml rapeseed oil (cold-pressed for a stronger flavour)  
 1 tablespoon wholegrain mustard (15g)  
 1 teaspoon honey (5g)  
 1 teaspoon snipped fresh chives (5g)  
 salt (optional) and freshly ground black pepper

**The Method**

Use a garlic crusher to crush the garlic or the fine side of a box grater if you find that easier. Put into a screw-topped jar (an old washed out jam jar is perfect). Add the balsamic vinegar, oil, mustard, honey and chives to the jar and season lightly with salt (optional) and add plenty of freshly ground black pepper. Then screw the lid back on tightly. Shake hard until the dressing has thickened and emulsified. Store in the fridge and use as required.

**Prepare Ahead**

This dressing will last up to 3 days if stored in the fridge.

WEEK 1 DAY 7 Wednesday 15th January



Serves 2 (each serving contains approximately 470 kcal)

- The Ingredients**  
 200g lean sirloin steak  
 2 tablespoons balsamic vinegar (30g)  
 1 small knob fresh root ginger (you need 5g freshly grated)  
 1 garlic clove  
 200g baby new potatoes  
 2 red peppers  
 1 small onion  
 1 scallion  
 1 tablespoon rapeseed oil (15g)  
 160g tin coconut milk  
 1 ½ teaspoons Sriracha chilli sauce (optional - 7.5g)  
 40g baby spinach leaves  
 salt (optional) and freshly ground black pepper

**The Method**

Put the steak into thin strips and put in a shallow non-metallic dish. Peel the ginger and finely grate – you need 5g in total. Peel and grate the garlic and add both to the steak, mixing to combine. Season lightly with salt (optional) and pepper to taste.

**Prepare Ahead**

This dressing will last up to 3 days if stored in the fridge.

Steam the potatoes for 15–20 minutes until tender.

Cut the peppers in half and remove the seeds and cores, then thinly slice. Peel the onion, then cut in half and thinly slice. Trim and thinly slice the scallion.

Heat a wok or large frying pan over a medium-high heat. Add one teaspoon of the oil and swirl up the sides. Add the beef and stir-fry for 1–2 minutes until sealed and no longer pink. Tip on to a plate.

Add the remaining oil to the wok and stir-fry the peppers and onion for 2–3 minutes until they are just beginning to pick up colour but are still crisp.

Stir in the coconut milk with the Sriracha chilli sauce (optional) and bring to a simmer. Return the beef to the wok with the spinach and cook until the spinach has wilted and the beef is piping hot. Divide among plates with the baby new potatoes and scatter over the scallions to serve.

**Prepare Ahead**

If time allows marinate the steak in a non-metallic dish covered with cling film for up to 3 days on the bottom shelf of the fridge, which will tenderise the meat. Prepare the vegetables and keep in a suitable container ready to cook in the fridge for up to 3 days to save time before cooking. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave or in a saucepan over a gentle heat when ready to eat.

Cut each pepper in half and remove and discard the seeds and cores, then thinly slice. Trim and thinly slice the scallions.

Heat a wok or large frying pan over a medium to high heat. Dry roast the peanuts, tossing regularly until evenly coloured. Tip on to the chopping board and once they have cooled down, roughly chop. Set aside.

Add the oil to the wok and swirl up the sides, then add the peppers and stir-fry for a couple of minutes until the peppers begin to pick up a bit of colour. Tip in the scallions and stir-fry for another minute.

Add the peanut butter, coconut milk and soy sauce to the wok and mix everything together. Bubble over a high heat until you have a nice thick sauce. Add the noodles and mix again until evenly combined and heated through. Divide into bowls and scatter the peanuts on top to serve.

**Prepare Ahead**

Chop the peppers and keep in a suitable container in the fridge for up to 3 days. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave when ready to eat or serve cold. If transporting bring cutlery with you.

WEEK 1 DAY 6 Tuesday 14th January



Serves 2 (each serving contains approximately 400 kcal)

- The Ingredients**  
 100g dried wholewheat noodles  
 150g firm tofu  
 1 courgette (250g)  
 1 red onion  
 1 tablespoon rapeseed oil (15g)  
 250g fresh beansprouts  
 4 tablespoons hoisin sauce (from a bottle or jar – 60g)  
 2 scallions

**The Method**

Bring a saucepan of water to the boil over a medium heat. Add the noodles and cook for 4–5 minutes until almost tender or according to instructions on the packet. Drain and quickly refresh under cold running water to prevent further cooking.

Drain and dry the tofu out well with kitchen paper and then cut into cubes and put in a bowl. Cut the courgette into batons (short thin slices), then trim the scallions and finely shred. Cut the onion in half and peel off the skin, then finely chop.

Heat a wok or large frying pan over a medium heat. Meanwhile, add the oil, swirling to coat it up the sides. Add the onion and cook for 2–3 minutes until softened, stirring occasionally with a wooden spoon. Add the tofu and stir-fry for another 2–3 minutes until sealed and crisp. Tip the beansprouts and courgette batons into the tofu mixture and continue to cook for another minute, stirring constantly.

Tip the cooked noodles into the tofu and vegetable mixture then add the hoisin sauce and stir-fry for 1–2 minutes or until everything is cooked through and piping hot.

Divide the hoisin noodles with tofu between bowls and scatter over the scallions to serve.

**Prepare Ahead**

Prep the vegetables up to 3 days in advance and store in a suitable container so that everything is ready to be cooked. The tofu will have to be done at the last minute as it can develop a sour flavour if prepared too early. Leftover portions of this recipe can be stored in an airtight container and reheated once in the microwave when ready to eat or serve cold – just bring a fork with you if transporting.

WEEK 1 DAY 7 Wednesday 15th January



Serves 2 (each serving contains approximately 460 kcal)

- The Ingredients**  
 250g cooked wholegrain rice (either leftover or use readymade from a pouch)  
 1 red pepper  
 ½ cucumber  
 15 cherry tomatoes  
 120g baby mixed leaves (such as watercress, rocket & spinach)  
 100g whole cooked beetroot (from vac-pack or baby fine to use too)  
 100g goat's cheese  
 2 teaspoons ranch dressing (see recipe link – 10g)  
 salt (optional) and freshly ground black pepper

**The Method**

If using rice from a pouch cook it in the microwave according to packet instructions and then spread it out on a tray to ensure it cools quickly. If you are using leftover rice do not reheat, just run your fingers through it to separate out the grains.

Cut the pepper in half, remove and discard the core and seeds, then dice. Cut the cucumber in half again down the length and cut into half-moon

shaped slices. Cut the cherry tomatoes in half and cut the beetroot into small chunks if large or into quarters if baby.

Fold the salad leaves into the cooled rice with the cucumber, red pepper and cherry tomatoes. Season with a little salt (optional) and pepper to taste and fold in to combine. Divide between bowls, then scatter the beetroot on top and crumble over the goat's cheese. Drizzle with the ranch dressing to serve

**Prepare Ahead**

This salad could be made 1 day in advance and kept in a suitable airtight container with the dressing in a separate small pot in the fridge and would happily be transported – just remember the fork to eat it!

**DINNER ACCOMPANIMENT - SAUCE**



Makes 9 servings (contains approximately 30 kcal in each 1 tablespoon serving)

- The Ingredients**  
 2 garlic cloves  
 5 tablespoons buttermilk (75ml)  
 2 tablespoons mayonnaise (30g)  
 1 tablespoon apple cider vinegar (15g)  
 2 teaspoons snipped fresh chives (10g)

- 1 tablespoon chopped fresh dill (5g)  
 salt (optional) and freshly ground black pepper

**The Method**

Peel the garlic and then use a garlic crusher to crush or the fine side of a box grater if you find that easier.

Put all the ingredients into a screw-lid topped jar and season lightly with salt (optional) and add plenty of freshly ground black pepper – a ¼ teaspoon is about right. Then screw the lid back on tightly. Shake hard until the dressing has thickened and emulsified. Store in the fridge until needed.

**Prepare Ahead**

This dressing will last up to 3 days in the fridge in a suitable container.



Sponsored by safe food



SHOPPING LISTS – WEEK 1 AND 2  
Main and Vegetarian Plans

Week 1

9th January – 15th January

**Dinner Main Plan Shopping List**  
 (herbs used can be fresh or dried and always remember to wash raw vegetables)

**Fruit & Vegetables**

- Baby new potatoes (550g)
- Baby spinach leaves (130g)
- Basil leaves (5g)
- Broccoli (1 small head – you need 240g florets)
- Butternut squash (1/2 – you need 240g cubes)
- Celery sticks (2)
- Cherry tomatoes (10)
- Chives (5g optional + 5g if making vinaigrette)
- Coriander leaves (5g)
- Cucumber (1/4)
- Garlic cloves (5)
- Green peppers (3)
- Lime (1)
- Mushrooms (200g – chestnut or ordinary)
- Onion (2 small)
- Red onion (1 1/2 small)
- Red peppers (6)
- Root ginger (1 small knob – you need 5g freshly grated)
- Scallions (4)
- Tomato (1 ripe)
- Yellow peppers (2)

**Fresh Produce**

- Butter (25g)
- Cheddar cheese (60g)
- Chicken fillets (skinned – 4)
- Low fat milk (1.5% fat – 200ml)
- Natural yoghurt (3% fat – 115g)
- Pork loin chops (well trimmed – 2)
- Salsa (chilled – 30g)
- Sirloin steak (lean – 200g)

**Dried Goods**

- Balsamic vinegar (30g – if making vinaigrette)
- Chinese five-spice powder (2.5g)
- Chopped tomatoes (400g tin)
- Coconut milk (2 x 160g tins)
- Corflour (5g)
- Dijon mustard for use tomato puree – 10g)
- Dried basil (5g or use fresh)
- Dried chilli flakes (2.5g)
- Freshly ground black pepper
- Ground cumin (10g)
- Honey (5g – if making own vinaigrette)
- Kidney beans (200g tin or use ½ 400g tin)
- Mango chutney (40g)
- Natural peanut butter (5g – preferably crunchy with no added sugar & salt – check the label the sugar should be no more than 5g per 100g)
- Natural skinned peanuts (10g)
- Reduced sodium soy sauce (30g)
- Salt (if using)
- Sriracha chilli sauce (optional – 7.5g)
- Sweetcorn (200g tin – salt free)
- Tuna (in spring water – 130g tin)
- Wholegrain mustard (30g + 15g if making own vinaigrette)
- Wholemeal wraps (4)
- Wholewheat noodles (dried – 100g)
- Wholewheat penne pasta (80g)
- Wholewheat spaghetti (80g)
- Wholemeal wraps (2)
- Vinaigrette salad dressing (15g – or make your own)

Week 1

9th January – 15th January

**Dinner Vegetarian Plan Shopping List**  
 (herbs used can be fresh or dried and always remember to wash raw vegetables)

**Fruit & Vegetables**

- Baby mixed leaves (120g bag – such as watercress, rocket & spinach)
- Baby spinach leaves (10g)
- Beansprouts (250g)
- Beetroot (whole cooked or baby from vac-pack – 100g)
- Butternut squash (2)
- Cherry tomatoes (25)
- Chives (10g)
- Coriander (5g)
- Courgette (1 – 250g)
- Cucumber (1/2)
- Dill (5g)
- Garlic cloves (6)
- Green beans (200g)
- Green pepper (1)
- Lime (1)
- Mixed vegetables (you need 750g – choose from a selection of carrot, broccoli and cauliflower)
- Onion (1 + 2 small)
- Red chilli (1 – optional)
- Red onion (1 + 1/2 small)
- Red peppers (4)
- Scallions (5)
- Sugar snap peas (50g)
- Yellow pepper (1)

**Fresh Produce**

- Butter (7.5g)
- Cheddar cheese (20g)
- Chicken fillets (skinless – 2)
- Firm white fish fillets, skinned (such as haddock, cod or hake – 2 x 150g)
- Frozen sweetcorn (200g)
- Lean steak mince (200g)
- Pork loin chops (well trimmed – 2)
- Raw chorizo (30g)
- Salsa (chilled – 30g)
- Whole chicken (1.5kg – serving 200g cooked chicken per person – the remainder can be used for the rest of the week in wraps, sandwiches and salads)

**Dried Goods**

- Apple cider vinegar (15g)
- Chopped tomatoes (200g tin or use ½ a regular tin)
- Coconut milk (2 x 160g tins)
- Cooked wholegrain rice (from a 250g pouch or use leftover cooked rice)
- Curry powder or paste (7.5g)
- English mustard (5g)
- Freshly ground black pepper
- Ground almonds (30g)
- Ground cumin (7.5g)
- Hoisin sauce (from a bottle or jar – 60g)
- Kidney beans (200g tin or use ½ 400g tin)
- Macaroni pasta (100g)
- Mayonnaise (30g)
- Natural skinned peanuts (10g)
- Natural peanut butter (5g – preferably crunchy with no added sugar & salt – check the label the sugar should be no more than 5g per 100g)
- Plain flour (20g)
- Rapeseed oil (70g)
- Reduced salt vegetable stock cube (½)
- Reduced sodium soy sauce (45g)
- Salt (if using)
- Thai red curry paste (from a jar – 15g)
- Tomato puree (2.5g)
- Wholegrain brown rice (160g)
- Wholemeal wraps (2)
- Wholewheat noodles (dried – 200g)

Week 2

16th January – 22nd January

**Dinner Main Plan Shopping List**  
 (herbs used can be fresh or dried and always remember to wash raw vegetables)

**Fruit & Vegetables**

- Baby salad potatoes (350g)
- Baby spinach leaves (10g)
- Bay leaf
- Carrots (7)
- Coriander (15g)
- Courgettes (3)
- Flat-leaf parsley (5g)
- Garlic (2 bulbs + 6 cloves)
- Lemon (1)
- Lime (1/2)
- Mushrooms (chestnut or ordinary – 150g)
- Onions (2 + 1 small)
- Parsnips (2)
- Potatoes (250g)
- Red chilli (1 + 1 optional)
- Red onion (1 + 1 ½ small)
- Red peppers (2)
- Rosemary (5g)
- Sage (5g)
- Scallions (2)
- Thyme (5g)
- Yellow peppers (2)

**Fresh/Frozen Produce**

- Butter (7.5g)
- Cheddar cheese (20g)
- Chicken fillets (skinless – 2)
- Firm white fish fillets, skinned (such as haddock, cod or hake – 2 x 150g)
- Frozen sweetcorn (200g)
- Lean steak mince (200g)
- Pork loin chops (well trimmed – 2)
- Raw chorizo (30g)
- Salsa (chilled – 30g)
- Whole chicken (1.5kg – serving 200g cooked chicken per person – the remainder can be used for the rest of the week in wraps, sandwiches and salads)

**Dried Goods**

- Black beans (2 x 400g tins)
- Chilli powder (7.5g)
- Chopped tomatoes (4 x 400g tins + 200g tin or use ½ 400g tin)
- Dried basil (2.5g)
- Dried chilli flakes (1.25g)
- Dried oregano (2.5g)
- Dried parsley (2.5g)
- Freshly ground black pepper
- Ground cumin (15g)
- Honey (5g)
- Kidney beans (45g drained from a tin)
- Paprika (sweet or smoked – 5g)
- Rapeseed oil (82.5g)
- Reduced salt chicken stock cube (1/4)
- Reduced salt vegetable stock cube (1/2)
- Reduced sodium soy sauce (15g)
- Salt (if using)
- Sun-dried tomatoes (60g well drained from a jar)
- Tomato puree (35g)
- Wholegrain brown rice (80g)
- Wholemeal wraps (2)
- Wholewheat penne pasta (80g)
- Tomato puree (2.5g)
- Wholegrain brown rice (160g)
- Wholemeal wraps (2)
- Worcestershire sauce (2.5g)

Week 2

16th January – 22nd January

**Dinner Vegetarian Plan Shopping List**  
 (herbs used can be fresh or dried and always remember to wash raw vegetables)

**Fruit & Vegetables**

- Baby new potatoes (300g)
- Baby spinach leaves (105g)
- Basil (5g)
- Broccoli (1/2 small head)
- Carrots (2)
- Cherry tomatoes (190g)
- Chives (5g)
- Coriander (20g)
- Courgettes (2 + 1 small)
- Garlic cloves (3)
- Green beans (50g)
- Lemon (1/2)
- Limes (1 1/2)
- Little Gem lettuce (50g)
- Long sweet red pepper (1)
- Mint (5g)
- Mixed salad leaves (50g)
- Mushrooms (chestnut or ordinary – 350g)
- Onions (2 + 3 small)
- Lemon (1/2)
- Limes (1 1/2)
- Long sweet red pepper (1)
- Mint (5g)
- Mixed salad leaves (50g)
- Mushrooms (chestnut or ordinary – 350g)
- Onions (2 + 3 small)
- Potato (200g + 200g leftover cooked potatoes)
- Red chilli (2)
- Red onion (1)
- Red peppers (3)
- Root ginger (1 knob – you need 1 tsp finely grated)
- Scallions (4)
- Sweet potato (250g)
- Yellow pepper (1)

**Fresh/Frozen Produce**

- Butter (15g)
- Eggs (9)
- Feta cheese (50g)
- Frozen peas (80g)
- Frozen sweetcorn (200g)
- Low fat milk (1.5% fat – 60ml)
- Natural yoghurt (3% fat – 75g)
- Quorn mince (fresh or frozen – 150g)

**Dried Goods**

- Black beans (400g tin)
- Chickpeas (400g tin + 200g or use ½ 400g tin)
- Chilli powder (7.5g)
- Chopped tomatoes (3 x 400g tins)
- Curry paste or powder (9.5g)
- Dried basil (2.5g)
- Dried chilli flakes (2.5g)
- Dried oregano (7.5g)
- Dried parsley (2.5g)
- Freshly ground black pepper
- Ground cumin (8.75g)
- Ground turmeric (2.5g)
- Honey (20g)
- Pineapple chunks in natural juice (200g tin)
- Plain flour (55g)
- Rapeseed oil (105g)
- Reduced salt vegetable stock cube (3/4)
- Reduced sodium soy sauce (32.5g)
- Rice vinegar (15g)
- Salt (if using)
- Tomato puree (30g)
- Unsalted cashew nuts (50g)
- Wholemeal pitta bread (oval – 1)
- Wholemeal pitta breads (round – 50g each)
- Wholewheat noodles (dried – 100g)
- Wholewheat spaghetti (100g)

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operation  
TRANSFORMATION

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**safe food**

Shane  
Jean  
Lorraine  
Tanya  
Andrea & Barry

Recipes for WEEK 1  
and Shopping Lists for WEEKS 1 & 2

See inside for this week's recipes and suggestions!  
CHECK OUT THIS WEEK'S & NEXT WEEK'S SHOPPING LISTS ON THE BACK PAGE

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