

WEEK 2

BREAKFAST Honey Nut Porridge

Serves 1 (contains approximately 250 kcal)

The Ingredients

- 30g porridge oats
- 150ml low fat milk (1.5% fat)
- ½ teaspoon ground cinnamon (optional – 2.5g)
- 1 tablespoon chopped pecan or walnuts (15g)
- 1 teaspoon honey (5g)
- 1 teaspoon flax seeds (optional – 5g)

The Method

Place the oats in a saucepan with the milk and place on the hob over a medium heat. Cook for 5 minutes, stirring occasionally with a wooden spoon until thickened and creamy. Stir in the cinnamon (optional).

Transfer to a bowl and sprinkle over the nuts, then drizzle with the honey and scatter over the flax seeds (optional) to serve.

Prepare Ahead

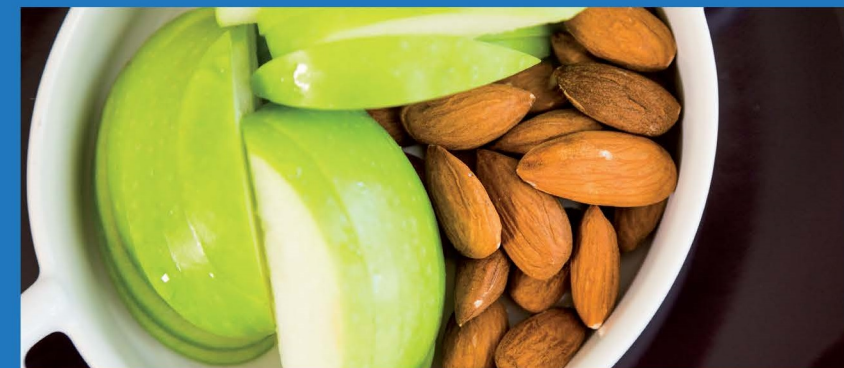
If you steep the porridge oats in the milk overnight in the fridge it makes them lovely and soft so that they cook much quicker. They can also be made the night before and reheated gently in a saucepan on the hob.

* Suitable for vegetarians



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
- Upperware containers
- Vegetable peeler
- Petal Steamer
- Kitchen scissors
- Sieve
- Ladle



MEN'S SNACK

Apple & Nuts

Serves 1 (contains approximately 200 kcal)

The Ingredients

- 1 apple (80g)
- 20 whole almonds (not skinned)

The Method

Using a sharp knife, cut the apple into quarters and remove the core, then cut into slices. Serve on a plate with the almonds.

Prepare Ahead

Bring the apple in a Upperware container with the almonds and cut up to eat, if desired.

* Suitable for vegetarians.

WOMEN'S SNACK

Apple & Nuts

Serves 1 (contains approximately 100 kcal)

The Ingredients

- 1 apple (80g)
- 6 whole almonds (not skinned)

The Method

Using a sharp knife, cut the apple into quarters and remove the core, then cut into slices. Serve on a plate with the almonds.

Prepare Ahead

Bring the apple in a Upperware container with the almonds and cut up to eat, if desired.

* Suitable for vegetarians.

LUNCH Tuna Pitta Melt

Serves 1 (contains approximately 400 kcal)

The Ingredients

- 1 round wholemeal pitta bread
- 80g tin tuna in spring water
- 1 teaspoon mayonnaise (5g)
- 1 scallion
- 1 ripe tomato
- 15g Cheddar cheese
- 10g baby spinach leaves
- salt (optional) and freshly ground black pepper

The Method

Toast the pitta bread in the toaster for 1 minute until puffed up, then leave until cool enough to handle and split one side open using a sharp knife or scissors.

Meanwhile, open the can of tuna and drain off the liquid and discard. Put the tuna in a bowl and mix in the mayonnaise. Season lightly with a little salt (optional) and pepper to taste.

Trim and thinly slice the scallion. Cut the tomato into slices and arrange in the split open pitta then fill with the tuna mixture and the scallion. Using a box grater, grate the cheese and then sprinkle on top.

Heat a frying pan over a medium heat and add the filled pitta bread to it. Cook for 1 minute on each side or until the cheese has melted.

Cut the tuna pitta melt in half and arrange on a plate with the spinach leaves to serve.

Prepare Ahead

Once the pitta bread is made wrap in parchment paper and then tin foil and pack in a suitable container for a lunchbox with the spinach in a small separate container alongside. If you want to make it into a melt unwrap the tin foil and cook in the microwave on high for 1 minute or use a sandwich maker if you have access to one.



Main Plan

WEEK 2 DAY 1 Thursday 16th January



DINNER - Pork & Carrot Stir-Fry

Serves 2 (each serving contains approximately 560 kcal)

The Ingredients

- 80g wholegrain brown rice
- 2 garlic cloves
- 1 red chilli (optional)
- 2 pork loin chops (well trimmed)
- 1 1/2 teaspoons ground cumin (7.5g)
- 1 tablespoon reduced sodium soy sauce
- 1 onion
- 4 carrots
- 2 scallions
- 1 tablespoon rapeseed oil (15g)
- 2 teaspoons chopped fresh coriander (10g)
- Salt (optional) and freshly ground black pepper

The Method

Rinse the rice well in a sieve and then put into a small saucepan with 250ml of water and a pinch of salt (optional). 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 simply cook according to packet instructions). This rice can sit happily for up to 30 minutes with the lid on.

Meanwhile, peel the garlic and use a garlic crusher or grate on the fine side of a box grater. Cut the red chilli (optional) in half and remove the seeds with a teaspoon, then finely chop. Cut the pork chops into strips and place in a bowl with the prepared garlic and chilli with the cumin and soy sauce, stirring to combine. Set aside at room temperature to allow the flavours to develop.

Cut the onion in half and peel off the skin, then cut into thin slices. Peel and cut the carrots into thin slices. Trim the scallions and thinly slice on the diagonal.

Heat a wok or large frying pan over a medium heat. Add the oil and sauté the onion and carrots for 2-3 minutes until just beginning to pick up a bit of colour, stirring occasionally with a wooden spoon. Add the scallions and stir-fry for another minute. Tip in the marinated pork and stir-fry for 3-4 minutes until the pork is piping hot with no pink meat and the juices run clear and the carrots still have a little crunch left. Season with pepper.

Fluff up the rice and divide between bowls and spoon the pork and carrot stir-fry on top. Scatter over the coriander before serving.

Prepare Ahead

Marinate the pork and keep in a bowl covered with clingfilm for up to 3 days on the bottom shelf of the fridge. Have the vegetables prepared and stored in a suitable container ready to cook and the rice could be cooked up to 3 days in advance as long as it is chilled down within 2 hours of cooking and kept in the fridge in an airtight container. Only reheat once in the microwave when ready to eat.

WEEK 2 DAY 2 Friday 17th January



DINNER - Portuguese-Style Fish

Serves 2 (each serving contains approximately 440 kcal)

The Ingredients

- 1 red pepper
- 1 yellow pepper
- 1 small onion
- 350g baby salad potatoes
- 2 x 150g firm white fish fillets, skinned (such as haddock, cod or hake)
- 1 bay leaf
- 1 teaspoon paprika (sweet or smoked)
- 2 x 150g firm white fish fillets, skinned (such as haddock, cod or hake)
- 1 garlic clove
- 400g tin chopped tomatoes
- 1 teaspoon tomato puree (5g)
- 5g fresh coriander leaves
- salt (optional) and freshly ground black pepper

The Method

Cut the peppers in half, then remove the seeds and cores and thinly slice. Peel and cut the onion in half and thinly slice. Cut the baby salad potatoes into 1cm slices.

Heat a large frying pan with a lid over a medium to high heat. Add one tablespoon of the oil and then stir in the bay leaf and paprika and cook for

20 seconds, stirring. Add the peppers, onion and potatoes, stirring to combine.

Peel and crush in the garlic and stir into the pan, along with the chopped tomatoes and tomato puree. Season lightly with salt (optional) and pepper to taste and cover with a lid. Simmer for 10 minutes until the vegetables are softened and the potatoes are just tender.

Reduce the heat on the pan to medium-low. Season the fish lightly with salt (optional) and pepper and nestle in the vegetable and tomato sauce. Cover and simmer for another 5 minutes or until the fish is cooked through and piping hot – test with the tip of a sharp knife.

Divide the Portuguese-style fish between two wide rimmed bowls and drizzle over the remaining oil, then scatter the coriander leaves on top to serve.

Prepare Ahead

The vegetable stew can be made up to 3 days in advance and put in the fridge within 2 hours of cooking in an airtight container. Reheat gently only once over a gentle heat with a splash of water to loosen it before adding in the fish to steam.

WEEK 2 DAY 3 Saturday 18th January



DINNER - Courgette & Corn Chilli

Serves 2 (each serving contains approximately 450 kcal)

WEEK 2 DAY 2 Friday 17th January



DINNER Spinach & Feta Frittata

Serves 2 (each serving contains approximately 400 kcal)

The Ingredients

- 1 small onion
- 1 floury potato (such as Rooster or Maris Piper – 200g)
- 1 red pepper
- 1 tablespoon softened butter (15g)
- 4 eggs
- 4 tablespoons low fat milk (1.5% fat – 60ml)
- 50g feta cheese
- small handful of fresh basil leaves (5g)
- 25g baby spinach leaves
- 50g mixed salad leaves
- salt (optional)
- freshly ground black pepper

The Method

Cut the onion in half and peel off the skin, then finely chop. Peel the potato and cut into dice. Cut the red pepper in half and remove the seeds and core before discarding, then cut into dice.

Heat a large frying pan over a medium heat. Add the butter and then tip in the onion and sauté for 2-3 minutes until well softened, stirring occasionally with a wooden spoon. Add the potato and red pepper and continue to cook for 6-8 minutes until the potato is just tender when

pierced with a sharp knife, stirring regularly to ensure that it doesn't catch at the bottom of the pan.

Meanwhile, break the eggs into a bowl and add the milk. Season lightly with salt (optional) and pepper to taste. Beat lightly with a fork until just combined, then crumble in the feta cheese and tear in the basil. Set aside.

Once the potato is cooked, add the spinach to the onion mixture, stirring until wilted. Spread out the vegetables evenly in the pan and then pour over the egg mixture. Reduce the heat to low and cook gently for 10 minutes until the frittata is softly set and golden underneath.

Meanwhile, preheat the grill to medium and then put the frittata under for a minute or two until the top is piping hot and golden. Cut into slices and serve on plates with the salad leaves.

Prepare Ahead
This frittata can be made in advance and served at room temperature on the day it was made or kept covered with cling film on a plate in the fridge for up to 2 days and served cold or reheated in the microwave. If transporting bring cutlery with you.

The Ingredients

- 1 red onion
- 2 courgettes
- 1 red chilli
- 2 garlic cloves
- 1 tablespoon rapeseed oil (15g)
- 200g frozen sweetcorn
- 1 ½ teaspoons chilli powder (7.5g)
- 1 ½ teaspoons ground cumin
- 400g tin chopped tomatoes
- 300ml vegetable stock (made from a reduced salt cube)
- 400g tin black beans (you need 240g drained)
- 1 teaspoon honey (5g)
- ½ lime
- small handful fresh coriander leaves (5g)
- salt (optional) and freshly ground black pepper

The Method

Peel the onion and cut in half, then finely chop. Trim and dice the courgettes. Cut the chilli in half, then remove the seeds with a teaspoon and finely chop the flesh. Peel the garlic and using a garlic crusher crush the flesh.

Heat a frying pan with a lid over a medium to high heat. Add the oil and then tip in the onion and courgettes. Sauté for about 6-8 minutes until lightly coloured.

Stir in the chilli, garlic and frozen sweetcorn with the spices and continue to cook for 2-3 minutes until the sweetcorn is tender and piping hot.

Stir in the chopped tomatoes and stock and season lightly with salt (optional) and pepper to taste, then simmer for about 5 minutes until slightly reduced and thickened.

Meanwhile, tip the black beans into a sieve and run under the tap to rinse. Stir into the chilli and cook until piping hot. Add the honey and squeeze in the lime juice, stirring to combine. Divide between bowls. Roughly chop the coriander and scatter on top to serve.

Prepare Ahead

This chilli can be made in advance and put in an airtight container in the fridge within 2 hours of cooking for up to 3 days. Only reheat once in the microwave or in a saucepan over a gentle heat when ready to eat.

WEEK 2 DAY 4 Sunday 19th January



DINNER Mixed Herb Roast Chicken

Serves 2 (each serving contains approximately 500 kcal)

The Ingredients

- 1.5kg whole chicken (serving 200g cooked chicken per person – the remainder can be used for the rest of the week in wraps, sandwiches and salads)
- 1 lemon
- 1 bunch fresh rosemary, thyme and sage sprigs
- 2 garlic bulbs
- 1 ½ teaspoons butter (at room temperature – 7.5g)
- 2 parsnips
- 3 carrots

WEEK 2 DAY 3 Saturday 18th January



DINNER Courgette & Corn Chilli

Serves 2 (each serving contains approximately 450 kcal)

The Ingredients

- 1 red onion
- 2 courgettes
- 1 red chilli
- 2 garlic cloves
- 1 tablespoon rapeseed oil (15g)
- 200g frozen sweetcorn
- 1 ½ teaspoons chilli powder (7.5g)
- 1 ½ teaspoons ground cumin
- 400g tin chopped tomatoes
- 300ml vegetable stock (made from a reduced salt cube)
- 400g tin black beans (you need 240g drained)
- 1 teaspoon honey (5g)
- ½ lime
- small handful fresh coriander leaves
- salt (optional) and freshly ground black pepper

The Method

Peel the onion and cut in half, then finely chop. Trim and dice the courgettes. Cut the chilli in half, then remove the seeds with a teaspoon and finely chop the flesh. Peel the garlic and using a garlic crusher crush the flesh.

Heat a frying pan with a lid over a medium to high heat. Add the oil and then tip in the onion and courgettes. Sauté for about 6-8 minutes until lightly coloured.

Stir in the chilli, garlic and frozen sweetcorn with the spices and continue to cook for 2-3 minutes until the sweetcorn is tender and piping hot.

Stir in the chopped tomatoes and stock and season lightly with salt (optional) and pepper to taste, then simmer for about 5 minutes until slightly reduced and thickened.

Meanwhile, tip the black beans into a sieve and run under the tap to rinse. Stir into the chilli and cook until piping hot. Add the honey and squeeze in the lime juice, stirring to combine. Divide between bowls. Roughly chop the coriander and scatter on top to serve.

Prepare Ahead

This chilli can be made in advance and put in an airtight container in the fridge within 2 hours of cooking for up to 3 days. Only reheat once in the microwave or in a saucepan over a gentle heat when ready to eat.

WEEK 2 DAY 4 Sunday 19th January



DINNER Spicy Potato & Chickpea Patties

Serves 2 (each serving is approximately 510 kcal)

- 1 small red onion
- 1 tablespoon rapeseed oil (15g)
- 250g potatoes
- salt (optional) and freshly ground black pepper

The Method

Remove the chicken from the fridge 1 hour before you plan to cook it and discard any packaging. Dry well inside and out with kitchen paper, then put in a roasting tin and stuff the cavity with the lemon and garlic that you have cut in half with the herbs, reserving a little thyme to garnish.

Preheat the oven to 190C / 375F / gas mark 5. Put the butter in a small bowl and then season with a little salt (optional) and plenty of freshly ground black pepper. Mix to combine and smear all over the skin.

Place the chicken in the oven and roast for 1 hour and 20 minutes or until the chicken is cooked through. To check, pierce the thigh with a skewer – the juices should run clear and be piping hot and there should be no pink meat. Remember to wash your hands in warm soapy water after handling raw chicken.

Peel the parsnips and carrots and cut both into large batons. Cut the red onion in half and cut into slices. Peel the potatoes and cut into wedges. Place all the vegetables in a bowl and toss with the oil, then season to taste.

Once the chicken has been roasting for 1 hour, tip in the vegetable mixture and continue to roast for another 20 minutes until the chicken is cooked through and tender – test with the tip of a sharp knife.

Remove the chicken from the oven and carefully transfer to a plate, then cover loosely with tin foil and a clean tea towel and leave to rest for 20 minutes. Give the vegetables a good shake and return to the oven to finish cooking.

Carve the rested cooked chicken into slices and arrange 200g on each plate with the roasted vegetables and garnish with the thyme leaves to serve.

Prepare Ahead

Double the veggies and this recipe could serve up four people so you can both make up separate dinners on plates and cover with clingfilm to store in the fridge within 2 hours of cooking for up to 2 days. Reheat only once in the microwave. Use the remainder of the chicken up for sandwiches, wraps and salads during the rest of the week.

WEEK 2 DAY 5 Monday 20th January



DINNER - Black Bean Burrito

Serves 2 (each serving contains approximately 500 kcal)

The Ingredients

- 1 garlic clove
- ½ small red onion
- 10g baby spinach leaves
- 20g Cheddar cheese
- 400g tin black beans (240g drained)
- 1 tablespoon rapeseed oil (15g)
- 45g tinned kidney beans (drained and rinsed)
- ¼ teaspoon dried chilli flakes
- 200g tin chopped tomatoes (or ½ regular tin)
- 2 wholemeal wraps

2 tablespoons salsa (shop-bought) salt (optional) and freshly ground black pepper

The Method

Peel and crush the garlic. Peel the onion and finely chop. Shred the spinach and finely grate the Cheddar cheese.

Drain the black beans into a sieve in the sink and rinse under cold running water. Drain well – you need 240g in total.

Heat the oil in a frying pan over a medium heat and add the garlic, onion, black beans, previously drained and rinsed kidney beans and sauté for 1-2 minutes. Stir in the chilli flakes and then pour in the chopped tomatoes. Bring to the boil and season lightly with salt (optional) and pepper to taste. Reduce the heat to low and simmer for about 5 minutes until slightly reduced and piping hot, stirring occasionally.

Wipe the frying pan clean and place back on a medium heat. Add the wholemeal wraps for 10-15 seconds on each side. Put each one on a plate. Divide the bean mixture between them and top each one with the grated Cheddar, spinach and salsa, before tucking in the ends and folding into a burrito shape. Cut each one in half and arrange on plates to serve.

Prepare Ahead

The bean mixture can be made in advance, left to cool and put in the fridge within 2 hours of cooking for up to 3 days in an airtight container. Reheat only once in the microwave or in a saucepan over a gentle heat when needed. The burritos also would be good served cold packed into a lunchbox.

The Ingredients

- 1 small onion
- 1 garlic clove
- 1 red pepper
- 1 yellow pepper
- 1 red chilli
- 300g baby new potatoes
- 1 tablespoon rapeseed oil (15g)
- 1 teaspoon dried oregano
- ¼ teaspoon ground cumin
- 400g tin chopped tomatoes
- 4 eggs
- 5g fresh chives salt (optional)
- freshly ground black pepper

The Method

Preheat the oven to 200C / 400F / gas mark 6. Peel the onion, then cut in half and thinly slice. Peel and crush the garlic. Cut the peppers in half and remove the seeds and cores, then thinly slice. Cut the chilli in half and take out the seeds with a teaspoon, then finely chop the flesh.

Steam the potatoes for 15-20 minutes until tender.

Meanwhile, heat a frying pan over a medium heat. Add the oil and then tip in the onion, garlic, peppers and chilli and sauté for 4-5 minutes until softened and just starting to catch a little colour.

Stir in the oregano, cumin with the chopped tomatoes. Bring to a simmer and cook for 5 minutes until the peppers are completely tender and the sauce has reduced and thickened.

Make four holes in the pepper mixture using the back of a wooden spoon just large enough to fit the eggs, then crack one into each hole. Season lightly with salt (optional) and pepper to taste, then cover with a lid. Reduce the heat to low and simmer for 4-6 minutes or until the whites of the eggs are set but the yolks are still runny. Slip over the chives and divide evenly between two plates with the new potatoes to serve.

Main Plan

WEEK 2 DAY 6 Tuesday 21st January



DINNER Chicken & Chorizo Pasta

Serves 2 (each serving contains approximately 510 kcal)

The Ingredients

- 80g wholewheat penne pasta
- 1 yellow pepper
- 1 courgette
- 60g sun-dried tomatoes, well drained
- 5g fresh flat-leaf parsley
- 30g raw chorizo
- 2 skinless and boneless chicken fillets
- 400g tin chopped tomatoes
- salt (optional) and freshly ground black pepper

The Method

Bring a large saucepan of water to the boil with a pinch of salt (optional). Add the penne and cook for 10-12 minutes or until tender or according to the packet instructions.

Meanwhile, cut the pepper in half and remove the seeds and core, then thinly slice. Trim the courgette and cut into batons. Cut the sun-dried tomatoes into strips. Finely chop the parsley leaves.

Heat a large frying pan over a medium heat. Cut the chorizo into small dice, discarding any skin. Add to the heated pan (you do not need any oil as a certain amount will come out of the chorizo) and cook for 1 minute or until it starts to sizzle.

Meanwhile, cut the chicken into strips with a small sharp knife. Add to the sizzling chorizo, tossing to coat and stir-fry for 2-3 minutes or until lightly browned. Remember to wash your hands and utensils in warm soapy water after working with raw chicken.

Add the pepper and courgette and sauté for 2-3 minutes until tender. Scatter over the sun-dried tomatoes and pour in the tin of tomatoes, stirring to combine. Simmer for a few minutes to slightly reduce and until piping hot with no pink meat and the juices run clear.

Prepare Ahead

This recipe could easily be doubled up to serve 4 so you could keep 2 portions in separate bowls and cover with clingfilm to store in the fridge within 2 hours of cooking for up to 3 days. Reheat only once in the microwave.

WEEK 2 DAY 7 Wednesday 22nd January



DINNER Spaghetti Bolognese

Serves 2 (each serving contains approximately 475 kcal)

The Ingredients

- 200g lean steak mince
- 1 onion
- 1 red pepper
- 150g mushrooms (chestnut or ordinary)
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley
- 2 tablespoons tomato puree (30g)
- ¼ reduced salt chicken stock cube
- 150ml boiling water
- 400g tin chopped tomatoes
- ½ teaspoon Worcestershire sauce (2.5g)
- 100g wholewheat spaghetti
- salt (optional) and freshly ground black pepper

The Method

Heat a large non-stick frying pan over a medium heat. Tip in the mince and cook for about 5 minutes until well browned, breaking up any lumps with a wooden spoon.

Cut the onion in half and peel off the skin, then finely chop. 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. Add the vegetables to the mince, stirring to combine. Season lightly with salt (optional) and pepper to taste and cook for another 3-4 minutes until the vegetables have softened.

Sprinkle the herbs over the mince and vegetable mixture and then stir in the tomato puree and cook for another minute, stirring. Dissolve the chicken stock cube in the boiling water and stir into the pan. Allow to bubble down, then add the tomatoes and Worcestershire sauce. Bring to the boil, then reduce the heat and simmer very gently for at least 30 minutes or up to 1 hour is best until the mince is meltingly tender and piping hot, stirring occasionally with a wooden spoon to ensure it does not stick to the bottom of the pan.

Meanwhile, cook the spaghetti in a large saucepan of boiling water with a pinch of salt. If using and cook for 10-12 minutes or according to packet instructions. Drain in a colander in the sink and return to the pan. Fold in the Bolognese sauce until evenly combined and then divide among bowls to serve.

Prepare Ahead

The Bolognese sauce can be made in advance and kept in an airtight container for up to 3 days in the fridge within 2 hours of cooking. If you want to double this recipe up it is a great back up meal to have tucked away in the freezer as it freezes very well for up to 1 month. Simply defrost thoroughly on the bottom shelf of the fridge and either heat in the microwave once or over a gentle heat in a saucepan. Serve with freshly cooked spaghetti. Alternatively put all the ingredients in a slow cooker and cook on low for 4 hours.



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SHOPPING LISTS - WEEK 2 AND 3 Main and Vegetarian Plans

Week 2

16th January - 22nd January

Dinner Main Plan Shopping List

(Herbs 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)
- Wholemeal wraps (2)
- Wholemeal brown rice (80g)
- Wholemeal pasta (80g)
- Wholemeal spaghetti (100g)
- Worcestershire sauce (2.5g)

Week 2

16th January - 22nd January

Dinner Vegetarian Plan Shopping List

(Herbs 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 (6)
 - Green beans (50g)
 - Lime (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)
 - 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 (30g)
- Chicken fillets (skinless - 2)
- Cooked diced chicken (leftovers or shop-bought - 100g)
- Eggs (6)
- Fresh breadcrumbs (15g)
- Low fat milk (1.5% fat - 135ml)
- Pork loin chops (well trimmed - 2)
- Rindless bacon rashers (well trimmed - 3)
- Salmon fillets (boneless and skinless - 2 x each about 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)
- Wholemeal noodles (dried - 100g)
- Wholemeal spaghetti (100g)

Week 3

23rd January - 29th January

Dinner Main Plan Shopping List

(Herbs can be fresh or dried and always remember to wash raw vegetables)

- Fruit & Vegetables**
 - Baby plum or cherry tomatoes (20)
 - Basil (5g)
 - Bay leaf (1)
 - Broccoli (1 head + 1/2 small head - you need 600g florets in total)
 - Carrots (7)
 - Celery stick (1)
 - Chives (5g)
 - Flat-leaf parsley (10g)
 - Garlic cloves (6)
 - Green beans (900g)
 - Leeks (2)
 - Lime (1)
 - Onions (2 small)
 - Orange (1 small)
 - Pak choy (120g)
 - Potatoes (250g)
 - Red chilli (1 + 1 optional)
 - Red onions (1 + 2 small)
 - Red pepper (1)
 - Red pepper (1)
 - Root ginger (1 knob - you need 1 tsp thinly sliced)
 - Shiitake mushrooms (or use ordinary or chestnut - 100g)
 - Sweet potatoes (300g)
 - Thyme (20g)
 - Yellow pepper (1)

Fresh Produce

- Butter (30g)
- Chicken fillets (skinless - 2)
- Cooked diced chicken (leftovers or shop-bought - 100g)
- Eggs (6)
- Fresh breadcrumbs (15g)
- Low fat milk (1.5% fat - 135ml)
- Pork loin chops (well trimmed - 2)
- Rindless bacon rashers (well trimmed - 3)
- Salmon fillets (boneless and skinless - 2 x each about 150g)

Dried Goods

- Black beans (400g tin)
- Chopped tomatoes (400g tin)
- Coconut milk (160g tin)
- Dried chilli flakes (2.5g)
- Dried oregano (5g)
- Dried thyme (5g)
- Freshly ground black pepper
- Ground cumin (1.25g)
- Natural skinned peanuts (25g)
- Paprika (sweet or smoked - 7.5g)
- Plain flour (15g)
- Rapeseed oil (82.5g)
- Reduced sodium soy sauce (10g)
- Salt (if using)
- Wholemeal brown rice (100g)
- Wholemeal spaghetti (100g)

Week 3

23rd January - 29th January

Dinner Vegetarian Plan Shopping List

(Herbs can be fresh or dried and always remember to wash raw vegetables)

- Fruit & Vegetables**
 - Baby plum or cherry tomatoes (28 + 200g on the vine)
 - Basil (5g)
 - Baby new potatoes (550g)
 - Baby spinach leaves (150g)
 - Basil (5g)
 - Broccoli (1 head - you need 400g florets)
 - Caulliflower (1 small - you need 700g florets)
 - Chives (5g)
 - Garlic cloves (10)
 - Green beans (300g)
 - Leeks (2)
 - Fennel bulbs (2)
 - Mushrooms (chestnut or ordinary - 300g)
 - Onions (2 small)
 - Pak choy (120g)
 - Potatoes (250g)
 - Red chilli (1 + 1 optional)
 - Red onions (1 + 2 small)
 - Red pepper (1)
 - Red pepper (1)
 - Root ginger (1 knob - for 1 tsp thinly sliced)
 - Shiitake mushrooms (or use ordinary or chestnut - 100g)
 - Sweet potatoes (300g)
 - Thyme (20g)
 - Yellow pepper (1)

Fresh Produce

- Butter (30g)
- Chicken fillets (skinless - 2)
- Cheddar cheese (70g)
- Eggs (6)
- Gran Moravia cheese (vegetarian style Parmesan - 45g)

Dried Goods

- Apple cider vinegar (50ml if making barbecue sauce)
- Balsamic vinegar (45g)
- Barbecue sauce (from a bottle or jar, or use vegetarian barbecue sauce - see recipe link)
- Black beans (tinned - 2 tins)
- Cannellini beans (400g tin)
- Coconut milk (160g tin)
- Capers (drained from a jar - 35g)
- Chopped tomatoes (400g tin)
- Coconut milk (160g tin)
- Dried chilli flakes (2.5g)
- Dried oregano (6.25g)
- Freshly ground black pepper
- Ground cumin (1.25g)
- Honey (7g - if making barbecue sauce)
- Natural skinned peanuts (45g)
- Orange juice (15g if making barbecue sauce)
- Rapeseed oil (127.5g)
- Reduced salt vegetable stock cube (½)
- Reduced sodium soy sauce (17g)
- Sea salt (if using)
- Sweet or smoked paprika (5g)
- Sweetcorn (tinned - low sugar and low salt - 50g) (or use frozen)
- Tomato ketchup (no added sugar and salt - 100g if making barbecue sauce)
- Wholemeal brown rice (100g)
- Wholemeal wraps (2)
- Wholemeal spaghetti (200g)

Vegetarian Plan

Prepare Ahead

The vegetable stew can be made up to 3 days in advance and put in the fridge within 2 hours of cooking in an airtight container. Reheat gently only once over a gentle heat with a splash of water to loosen it before adding in the eggs to cook.

WEEK 2 DAY 6 Tuesday 21st January



DINNER Sweet & Sour Vegetable & Cashew Nut Stir-Fry

Serves 2 (each serving contains approximately 530 kcal)

The Ingredients

- 100g dried wholewheat noodles
- 50g unsalted cashew nuts
- 1 onion
- 2 carrots
- 1 small courgette
- 1/2 small head of broccoli (120g)
- 100g mushrooms (chestnut or ordinary)
- 1 tablespoon rapeseed oil (15g)
- 1 tablespoon honey (15g)
- 2 tablespoons reduced sodium soy sauce (30g)
- 1 tablespoon rice vinegar (15g)
- 200g tin pineapple chunks in natural juice (140g drained)

The Method

Place the noodles in a pan of boiling water and simmer gently for 4-5 minutes or according to packet instructions. Drain well and quickly refresh under cold running water to prevent them from sticking. Keep warm.

Heat a wok or frying pan over a medium heat. Tip in the cashew nuts and dry cook until evenly toasted, tossing them regularly to ensure they do not catch and burn. Tip on to a chopping board and leave to cool a little, then roughly chop. Set aside until needed.

Peel the onion and cut in half, then thinly slice. Peel the carrots and cut into thin slices. Trim the courgette and cut into similar slices. Break florets off the broccoli and then cut into bite-sized florets. Trim the mushrooms and cut into slices.

Reheat the wok over a medium heat and add the oil, swirling up the sides. Add the onion and stir-fry for 2-3 minutes until softened, stirring occasionally with a wooden spoon. Add the carrots, courgette and broccoli and stir-fry for another 2-3 minutes until almost tender but still with some crunch.

Add the mushrooms to the vegetable mixture and cook for another minute, then drizzle over the honey, soy and vinegar and cook for 1-2 minutes, tossing until everything is evenly coated. Drain the pineapple - you need 140g of chunks in total and then stir into the pan and continue to cook until piping hot.

Divide the noodles between plates and spoon the sweet and sour vegetables on top. Scatter over the cashew nuts to serve.

Prepare Ahead

The sweet and sour vegetables can be made in advance and put an airtight container in the fridge within 2 hours of cooking for up to 3 days. Only reheat once in the microwave or in a saucepan over a gentle heat to serve with freshly cooked noodles.

WEEK 2 DAY 7 Wednesday 22nd January



DINNER Spag Bol with Quorn

Serves 2 (each serving contains approximately 360 kcal)

The Ingredients

- 150g Quorn mince (fresh or frozen)
- 1 onion
- 1 red pepper
- 150g mushrooms (chestnut or ordinary)
- 1 tablespoon rapeseed oil (15g)
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley
- 2 tablespoons tomato puree (30g)
- ¼ reduced salt vegetable stock cube
- 150ml boiling water
- 400g tin chopped tomatoes
- ½ teaspoon reduced sodium soy sauce (2.5g)
- 100g wholewheat spaghetti
- salt (optional) and freshly ground black pepper

The Method

Cut the onion in half and peel off the skin, then finely chop. 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.

Heat a frying pan over a medium heat. Add the oil and swirl up the sides. Tip in the Quorn mince and cook for about 1-2 minutes until lightly browned, breaking up any lumps with a wooden spoon.

Add the vegetables to the Quorn mince, stirring to combine. Season lightly with salt (optional) and pepper to taste and cook for another 5-6 minutes until the vegetables have softened.

Sprinkle the herbs over the Quorn mince and vegetable mixture and then stir in the tomato puree and cook for another minute, stirring. Dissolve the stock cube in the boiling water and stir into the pan. Allow to bubble down, then add the tomatoes and soy sauce. Bring to the boil, then reduce the heat and simmer for 5 minutes or until the Quorn mince and vegetables are piping hot and meltingly tender, stirring occasionally with a wooden spoon to ensure it does not stick to the bottom of the pan.

Meanwhile, cook the spaghetti in a large saucepan of boiling water with a pinch of salt (optional) and cook for 10-12 minutes or according to packet instructions. Drain in a colander in the sink and return to the pan. Fold in the Quorn Bolognese sauce until evenly combined and then divide among bowls to serve.

Prepare Ahead

The Quorn Bolognese sauce can be made in advance and kept in an airtight container for up to 3 days in the fridge within 2 hours of cooking. If you want to double this recipe up it is a great back up meal to have tucked away in the freezer as it freezes very well for up to 1 month. Simply defrost thoroughly on the bottom shelf of the fridge and either heat in the microwave once or over a gentle heat in a saucepan. Serve with freshly cooked spaghetti.

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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