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### PROUDLY SUPPORTING

OPERATION TRANSFORMATION 2021

### FRUIT & VEGETABLES

- Baby new potatoes (450g)
- Baby spinach leaves (210g)
- Carrots (4)
- Cherry tomatoes (10)
- Cherry tomatoes on the vine (200g)
- Cucumber (½)
- Fine green beans (200g)
- Fresh chives (10g)
- Fresh coriander (20g)
- Fresh dill (5g)
- Fresh oregano (5g or 1 teaspoon dried)
- Garlic (10 cloves)
- Lemon (1 small)
- Limes (1 ½)
- Mild red chillies (optional - 2)
- Onions (1 small + 1 regular)
- Pak choy (100g)
- Potatoes (250g)
- Red onions (2 ½ small)
- Red peppers (7)
- Root ginger (7cm piece)
- Scallions (5)
- Sugar snap peas (150g)
- Tomatoes (4)
- Yellow peppers (2)

### FRESH PRODUCE

- Butter (15g)
- Cheddar cheese (75g)
- Chicken fillets (skinless - 4)
- Cod fillets (skinless - 2 x 150g)
- Firm tofu (200g)

- Greek-style yoghurt (75ml)
- Lean pork loin (250g)
- Low fat milk (1.5% fat – 50ml)
- Natural yoghurt (70g)
- Pork loin chops (2)
- Salsa (30g)
- Sirloin steak (200g lean)

### DRIED GOODS

- Apple cider vinegar (15g)
- Chinese five-spice powder (5g)
- Coconut milk (160g tin)
- Dijon mustard (5g)
- Dried chilli flakes (7.5g)
- Dried wholewheat noodles (100g)
- Ground cumin (20g)
- Freshly ground black pepper
- Kidney beans (225g tin)
- Mayonnaise (10g)
- Toasted sesame oil (5g)
- Paprika (sweet or smoked – 10g)
- Rapeseed oil (125g)
- Reduced sodium soy sauce (25g)
- Salt (optional)
- Sriracha chilli sauce (optional - 10g)
- Vinaigrette salad dressing (15g – or make your own see recipe & add ingredients)
- Wholegrain brown rice (80g)
- Wholegrain mustard (10g)
- Wholemeal wraps (4)

Note: 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

**FOR RECIPES AND SHOPPING LISTS VISIT MACE.IE**