



**HEALTH
CHALLENGE**

WEEK TWO

MAIN MEAL SHOPPING LIST

MEALS:

1. Chicken & Cauliflower Macaroni Cheese
2. Stuffed Baked Potatoes
3. Thai Red Chickpea Curry
4. Pan Fried Chicken with Mash and Veg
5. Pesto Salmon with Baby Vegetables & Mash
6. BBQ Chicken Pizza
7. Chicken & Veggie Casserole



FRUIT & VEG

- Baby potatoes (600g)
- Baby spinach leaves (20g)
- Basil (handful of leaves - optional)
- Bell pepper (1 – any colour)
- Carrots (3)
- Cauliflower (150g)
- Cherry tomatoes (100g)
- Garlic (3 cloves)
- Green beans (125g)
- Mangetout (150g)
- Onion (1)
- Potatoes (2 large - 300g each + 300g)
- Shallot (1)
- Spring onions (2)

FRESH AND FROZEN PRODUCE

- Butter (25g)
- Cheddar cheese (70g grated)
- Chicken fillets (4 skinless & boneless – 600g total)
- Cooked chicken (300g)
- Light cream cheese (45g)
- Low fat milk (1.5% fat - 175ml)
- Mozzarella ball (100g)
- Peas (160g frozen)
- Quark (40g)
- Salmon fillets (2 x 120g each)
- Turkey rashers (6 - 150g total)

DRIED GOODS

- Cayenne pepper (2.5g)
- Chia seeds (5g)
- Chickpeas (400g tin)
- Chilli powder (2.5g)
- Dried mixed herbs (7.5g)
- Dried thyme (5g)
- Freshly ground black pepper (optional)
- Garlic powder (2.5g)
- Ground turmeric (2.5g)
- Honey (7g)
- Light coconut milk (400g tin)
- Macaroni pasta (80g)
- Mixed seeds (7g)
- Olive or rapeseed oil (60g)
- Passata (Italian sieved tomatoes) (45g)
- Plain flour (15g)
- Quinoa (60g)
- Red pesto (40g)
- Reduced salt vegetable stock cube (1)
- Smoked paprika (2.5g)
- Sunflower seeds (10g)
- Tahini paste (15g) Thai red curry paste (7g)
- Wholemeal bread (1 slice - 32g)
- Wholewheat pitta breads (2 x 56g each)

VEGETARIAN ALTERNATIVES

- * **Suitable vegetarian alternatives for 200g cooked chicken are:**

80g tofu
120g mycoprotein such as Quorn chicken style pieces
100g chickpeas, drained and rinsed

- * **Suitable vegetarian alternatives for 6 turkey rashers (150g) are:**

90g plant based rashers
70g mycoprotein such as Quorn meat free bacon
130g chickpeas, drained and rinsed

- * **Suitable vegetarian alternatives for 2 chicken fillets (300g) are:**

320g tofu
500g mycoprotein such as Quorn chicken style pieces
400g chickpeas, drained and rinsed

- * **Suitable vegetarian alternatives for 2 x 120g salmon fillets are:**

340g tofu
525g mycoprotein such as Quorn vegan pieces
425g chickpeas, drained and rinsed

- * **Suitable vegetarian alternatives for 200g cooked chicken are:**

160g tofu
240g mycoprotein such as Quorn chicken style pieces
200g chickpeas, drained and rinsed

- * **Suitable vegetarian alternatives for 2 chicken fillets (300g) are:**

320g tofu
500g mycoprotein such as Quorn chicken style pieces
400g chickpeas, drained and rinsed