



**HEALTH
CHALLENGE**

WEEK THREE

MAIN MEAL SHOPPING LIST

MEALS:

1. Lentil and Cheese Potato Tortilla
2. Quick Chicken and Apricot Couscous
3. Chickpea and Egg Fried Rice
4. Turkey Noodle Stir-Fry
5. Hake & Chickpea Traybake
6. Fish Goujons with Chips
7. Glazed Pork Chop with Baby Potatoes



FRUIT & VEG

- Aubergine (1 small - 150g)
- Asparagus (150g)
- Baby potatoes (300g)
- Bell peppers (2 – any colour)
- Carrot (1)
- Garlic (4 cloves)
- Kale (25g)
- Lemon (1 – to cut into wedges for garnish (optional))
- Onions (4)
- Potatoes (2 leftover cooked 100g each + 1 large (300g))
- Rocket (30g)
- Spring onions (2)
- Tomato (1 small)



FRESH AND FROZEN PRODUCE

- Cheddar cheese (30g grated)
- Chicken breast fillets (300g)
- Cod fillets (2 x 125g skinless & boneless)
- Eggs (4 large + 2 medium)
- Hake fillets (2 x 150g skinless & boneless)
- Peas (250g frozen)
- Pork chops (2 x 150g boneless loin well-trimmed of excess fat)
- Turkey mince (200g)

DRIED GOODS

- Basmati rice (100g)
- Cashew nuts (40g)
- Chickpeas (400g tin + ½ x 400g tin)
- Chilli flakes (1g)
- Chopped tomatoes (400g tin)
- Dried mixed herbs (7.5g)
- Dried apricots (6 - 30g in total)
- Freshly ground black pepper
- Garlic powder (5g)
- Green lentils (400g tin)
- Ground turmeric (5g)
- Honey (35g)
- Mixed seeds (15g)
- Olive or rapeseed oil (125g)
- Pumpkin seeds (10g)
- Reduced salt vegetable stock cube (½)
- Reduced sodium soy sauce (45g)
- Smoked paprika (4.5g)
- Wholemeal bread (2 slices x 32g each)
- Wholemeal couscous (90g)
- Wholewheat noodles (2 nests - 100g)

VEGETARIAN ALTERNATIVES

* **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 200g turkey mince are:**

150g tofu
230g mycoprotein such as Quorn meat free mince
185g chickpeas, drained and rinsed

* **Suitable vegetarian alternatives for 2 hake fillets (150g each) are:**

155g tofu
240g mycoprotein such as Quorn vegan pieces
195g chickpeas, drained and rinsed

* **Suitable vegetarian alternatives for 2 cod fillets (125g each) are:**

140g tofu
220g mycoprotein such as Quorn vegan pieces
180g chickpeas, drained and rinsed

* **Suitable vegetarian alternatives for 2 pork chops (150g each) are:**

350g tofu
530g mycoprotein such as Quorn vegan pieces
445g chickpeas, drained and rinsed