



**HEALTH
CHALLENGE**

WEEK ONE

MAIN MEAL SHOPPING LIST

MEALS:

1. Broccoli, Chicken and Cheese Pasta Bake
2. Chicken Satay Noodles
3. Kidney Bean Chilli con Carne
4. Turkey Burger & Salad
5. Simple Salmon pasta
6. BBQ Chicken and Sweetcorn Fajitas
7. Beef & Lentil Cottage Pie

FRUIT & VEG

- Baby spinach leaves (170g)
- Bell peppers (3 – any colour you like)
- Broccoli (200g)
- Cherry tomatoes (100g)
- Courgette (1 small)
- Cucumber (½)
- Garlic (3 cloves)
- Mangetout (50g)
- Onions (4)
- Potatoes (300g)
- Shallot (1)
- Tomatoes (2)



FRESH AND FROZEN PRODUCE

- Cheddar cheese (70g grated)
- Chicken fillets (4 skinless & boneless – 550g total)
- Cooked chicken (100g shredded or diced)
- Lean beef mince (less than 5% fat – 200g)
- Low fat milk (1.5% fat – 25ml)
- Natural yoghurt (30g)
- Parmesan cheese (15g)
- Peas (75g frozen)
- Quark (80g)
- Salmon fillets (2 x 125g)
- Turkey burgers (2 x 100g)

DRIED GOODS

- Balsamic vinegar (15g)
- BBQ sauce (low sugar & salt) (30g)
- Brown burger buns (2 x 50g small seeded)
 - Capers (25g)
 - Cashew nuts (35g)
 - Chili powder (5g)
- Chopped tomatoes (1 ½ tins or use 200g passata (instead of the ½ tin)
 - Dried mixed herbs (10g)
- Freshly ground black pepper (optional)
- Green lentils (400g tin)
 - Ground coriander (5g)
 - Ground cumin (7.5g)
- Kidney beans (400g tin)
- Light mayonnaise (30g)
- Olive or rapeseed oil (90g)
 - Paprika (2.5g)
- Peanut butter (100% nuts) (25g)
- Reduced salt vegetable stock cube (¼)
 - Sweetcorn (200g tin)
 - Tahini paste (15g)
- Wholegrain rice (80g)
- Wholewheat noodles (2 nests - 100g)
- Wholewheat pasta (such as fusilli or penne - 200g)
- Wholewheat wraps (2 small - 40g each)

VEGETARIAN ALTERNATIVES

- * **Suitable vegetarian alternatives for 100g cooked chicken are:**
 - 80g tofu
 - 120g mycoprotein such as Quorn chicken style pieces
 - 100g chickpeas, drained and rinsed
- * **Suitable vegetarian alternatives for 2 chicken fillets (250g) are:**
 - 260g tofu
 - 415g mycoprotein such as Quorn chicken style pieces
 - 335g chickpeas, drained and rinsed
- * **Suitable vegetarian alternatives for 2 x 100g turkey burgers are:**
 - 150g tofu
 - 230g mycoprotein such as Quorn meat free mince
 - 185g chickpeas, drained and rinsed
- * **Suitable vegetarian alternatives for 2 x 125g salmon fillets are:**
 - 345g tofu
 - 535g mycoprotein such as Quorn vegan pieces
 - 435g 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 200g lean beef mince are:**
 - 175g tofu
 - 275g mycoprotein such as Quorn meat free mince
 - 225g chickpeas, drained and rinsed

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DAY