

# Trader Joe's Meal Plan Shopping List

## Pantry Staples

- Olive oil
- Hot sauce
- Salt
- Pepper

## Produce

- 4 medium bananas
- 1 package Romaine Lettuce Hearts
- 1 package celery hearts
- 1 package Broccoli & Kale Slaw
- 1 package Power to the Greens Salad Mix
- 1 package Baby Wild Arugula
- 1 package Cruciferous Crunch
- 1 package Trimmed & Cleaned Green Beans
- 1 package Carrot Spirals
- 1 small package cilantro
- 1 lemon
- 1 lime

## Grocery

- 2 Organic Acai Bowls
- 1 loaf Sprouted Wheat Sourdough Bread
- 1 jar Creamy Salted Peanut Butter
- 1 box Fig & Olive Crisps
- 1 box Ancient Grains and Nuts Granola
- 1 bag Go Raw Trek Mix
- 1 package Whole-Wheat Tandoori Naan
- 1 package Organic Black Bean Rotini
- 1 carton Corn Poblano Chowder
- 1 bottle Cilantro Salad Dressing
- 1 bottle Organic Toasted Sesame Dressing
- 1 bottle Green Goddess Salad Dressing

## Refrigerated

- 1 container Mild Pico de Gallo Salsa
- 1 container Tzatziki
- 1 container Tabbouli
- 1 container Organic Buffalo Style Hummus
- 1 container Hummus Dip

- 1 container Trader Joe's Vegan Kale, Cashew & Basil Pesto
- 1 package Arugula & Parmigiano Reggiano Ravioli
- 1 package Chicken Breast Medallions with Coconut Red Curry Sauce
- 1 package Grilled Chili Lime Chicken Strips
- 1 package Organic Sweet Italian Chicken Sausage links
- 1 package beef steak

## Frozen

- 1 package Mexican Style Roasted Corn with Cotija Cheese
- 1 Cuban Style Citrus Garlic Bowl
- 1 package Chicken Gyoza Potstickers
- 1 box Organic Brown Rice
- 1 bag Fully Cooked Falafel
- 1 box Fully Cooked Organic Quinoa
- 1 box Rice Medley
- 2 bags Organic Riced Cauliflower
- 1 box Shakshuka Starter
- 1 bag Grilled Asparagus Spears
- 1 bag Fancy Berry Medley
- 1 bag Handsome Cut Potato Fries
- 1 bag Large Cooked Shrimp

## Dairy, Milk & Eggs

- 1 package Mini Brie Bites
- 1 container Crumbled Feta Cheese
- 1 bag shredded Parmesan cheese
- 1 container European Style Plain Whole-Milk Yogurt
- 1 dozen eggs

## Optional

- Tea
- Coffee
- Seltzer