

SWEET & SAVORY BITES

5 Day Trader Joe's Meal Plan

Quick & Easy Weekday Recipes



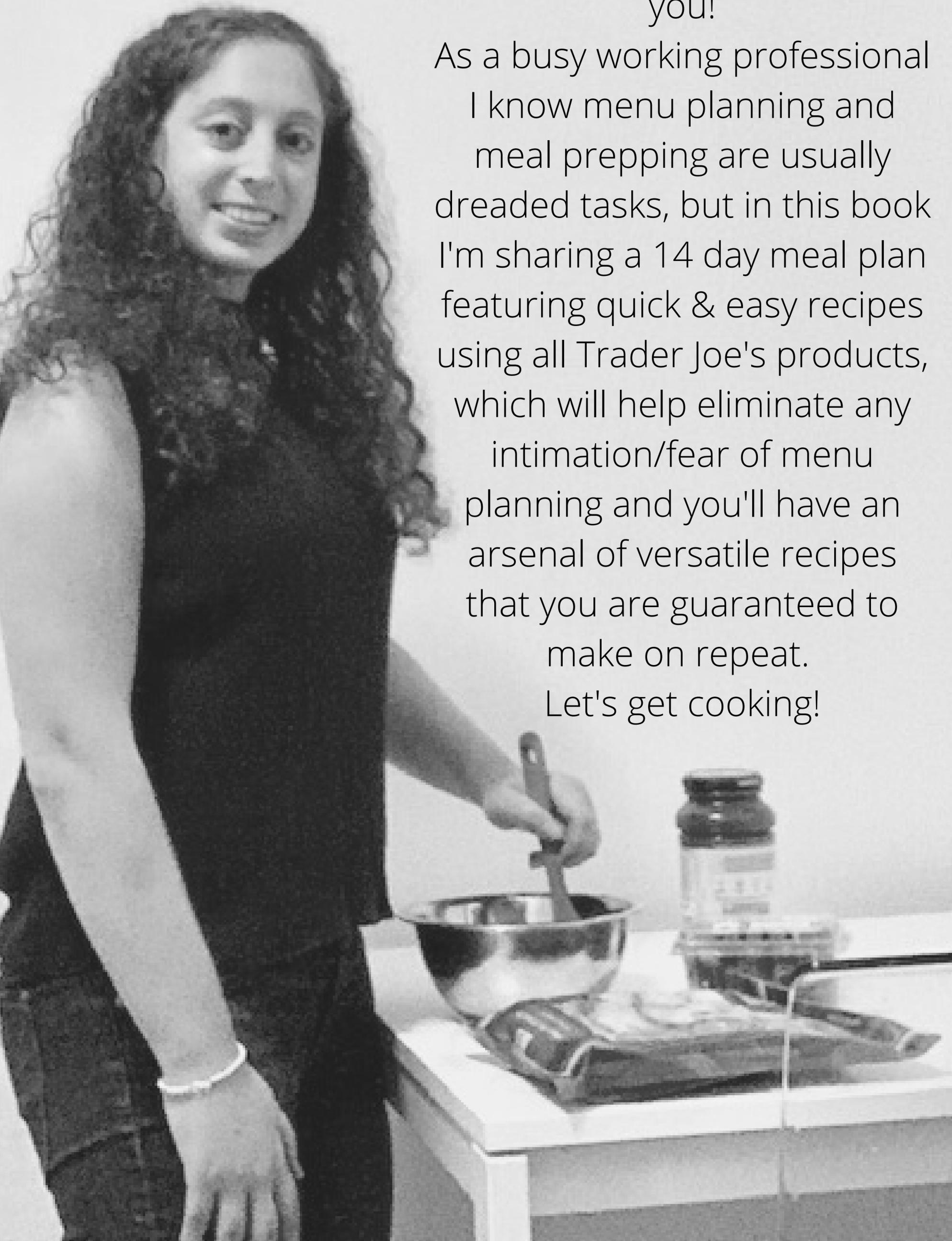
BY MEGAN WORMSER

Welcome!

I'm so excited to share some of my favorite recipes with you!

As a busy working professional I know menu planning and meal prepping are usually dreaded tasks, but in this book I'm sharing a 14 day meal plan featuring quick & easy recipes using all Trader Joe's products, which will help eliminate any intimidation/fear of menu planning and you'll have an arsenal of versatile recipes that you are guaranteed to make on repeat.

Let's get cooking!





My Go To Trader Joe's Products

To help make quick & easy weekday meals I always have the following Trader Joe's products on hand:

- Tandoori Naan
- Trader Joe's Roasted Cauliflower
- Chickpeas
- Taco Shells
- Quinoa and/or brown rice
- Harissa Paste
- Taco Seasoning
- Hot Sauce
- Ricotta Cheese
- Frozen Shrimp
- Turkey burgers
- Chicken Tenders
- Sprouted sourdough bread
- Whole wheat spaghetti

Breakfasts





Avocado Crema Toast

YOU WILL NEED:

- 1 piece bread, I like sprouted wheat sourdough bread
- 1/4 cup greek yogurt
- 2 tablespoons guacamole
- 1 tablespoon lime juice
- 1/8 teaspoon lime zest
- kosher salt, to taste
- 1.5 tablespoons feta cheese, crumbled
- 1 teaspoon Trader Joe's Everything But The Bagel seasoning
- 1/8 teaspoon red pepper flakes

DIRECTIONS:

- Make avocado lime crema by combining: greek yogurt, guacamole, lime juice, lime zest & kosher salt; mix thoroughly
- Put bread in toaster
- Spread avocado lime crema on toast and top with feta cheese, Everything But The Bagel seasoning, red pepper flakes & enjoy!



Yogurt Parfait

YOU WILL NEED:

1/2 cup greek yogurt

1/4 cup apple, chopped into bite sized pieces

2 teaspoons cinnamon

2 tablespoons omega trail mix

Any additional toppings: I like to use granola and/or chia seeds

DIRECTIONS:

- Preheat oven to 350°F
- Cut apples into bite sized pieces. Put cinnamon into a bowl, add chopped apples & mix thoroughly
- Bake apples for 15 minutes or until golden brown
- Put greek yogurt into bowl and top with baked cinnamon apples, omega trail mix & any additional toppings



Mini Veggie Frittata Cups

YOU WILL NEED:

1 egg, beaten

1/2 cup Trader Joe's Misto Alla Griglia [If not in-stock use cherry tomatoes & arugula to substitute]

1/4 cup parmesan cheese

salt & pepper to taste

olive oil for drizzling

DIRECTIONS:

- Preheat oven to 350°F
- Microwave Trader Joe's Misto Alla Griglia for 1.5 minutes or until heated through [if using cherry tomatoes & arugula can skip this step]
- Beat egg in a bowl & add parmesan cheese
- Add vegetables to 4 mini muffin tin crevices
- Top vegetables with egg mixture & bake for 10-12 minutes until the eggs are set. Enjoy warm!



Lemon & Berry Overnight Oats

YOU WILL NEED:

1/2 cup rolled oats

1/3 cup unsweetened plain almond milk/nonfat milk

2.5 tablespoons lemon curd

2 tablespoons raspberries

2 tablespoons blueberries

DIRECTIONS:

- In a glass jar with a lid add: rolled oats, milk & lemon curd
- Cover container & set in the refrigerator overnight
- Garnish with mixed berries & enjoy!



Caramel Peanut Butter Chocolate Chip Muffins

YOU WILL NEED:

- 1/2 cup Trader Joe's Mini chocolate chip pancake & waffle mix
- 6 tablespoons water
- 1 tablespoon oil
- 1/2 tablespoon greek yogurt
- 1/2 tablespoon peanut butter
- 1/4 tablespoon maple syrup
- 1/8 teaspoon vanilla
- 1 tablespoon Peanut Butter Cups, crushed

DIRECTIONS:

- Preheat oven to 350°F
- Mix pancake & waffle mix, water & oil to make batter
- Put a heaping tablespoon of batter in three mini muffin tin crevices & bake for 12 -15 minutes or until golden brown
- While muffins cool make caramel yogurt peanut butter cup topping by combining: greek yogurt, peanut butter, maple syrup, vanilla & crushed peanut butter cup
- Frost muffins with caramel peanut butter topping & enjoy!

Lunches





BBQ Chicken Buffalo Ranch Chopped Salad

YOU WILL NEED:

1/2 cup Trader Joe's buffalo ranch chopped salad mix

1 piece of Trader Joe's breaded chicken, chopped into bite sized pieces

1/4 cup of bbq sauce

OPTIONAL TOPPINGS: Brown Rice, Corn Black Beans

DIRECTIONS:

- Put salad mix into a bowl
- Heat breaded chicken in microwave/oven following directions on package. Once cooked chop into bite sized pieces & cover in BBQ sauce
- Add cooked chicken, any additional toppings & dressing to salad; mix thoroughly & enjoy!



Teriyaki Chicken Salad

YOU WILL NEED:

- 1/2 cup of salad greens
- 2 tablespoons of shredded carrots
- 2 tablespoons of slivered almonds
- 1/4 cup of orange/clementine segments
- 1/4 cup Trader Joe's BBQ Chicken Teriyaki
- 1/4 cup of brown rice, cooked brown rice
- Peanut Satay Dressing

DIRECTIONS:

- Put salad greens, orange/clementine, slivered almonds, cooked brown rice & shredded carrots in a bowl
- Put Trader Joe's BBQ Chicken Teriyaki in a bowl and microwave according to directions on package
- Add cooked chicken mixture & dressing to salad, mix thoroughly & enjoy!



BBQ Turkey Grain Bowl

YOU WILL NEED:

- 1/2 cup ground turkey
- 2 tablespoons of yellow onion, chopped
- 1/2 teaspoon of minced garlic
- 1/4 cup of BBQ Sauce
- 1/2 cup brown rice, cooked
- 1/2 cup of Trader Joe's Shredded cabbage
- 1/4 cup of mango, cut into bite-sized pieces

DIRECTIONS:

- Make your mango slaw by combining: coleslaw mix & chopped mango
- Add garlic & onion to a pan & saute until onion is translucent
- Add ground turkey & cook for 6-8 minutes or until turkey is browned. Break into bite sized pieces & add BBQ sauce
- Put 1/2 cup of cooked brown rice & BBQ turkey mixture into a bowl
- Top rice bowl with mango slaw & enjoy warm!



Peanut Satay Noodles

YOU WILL NEED:

- 2 tablespoons spicy peanut satay vinaigrette
- 1/4 cup of frozen peas
- 1/4 cup of shredded carrots
- 1/4 cup of frozen edamame
- 1 tablespoon coconut oil
- 1 package of Trader Joe's Chicken Instant Ramen Soup

DIRECTIONS:

- Add peanut sauce in place of chicken flavoring packet to the Instant Ramen container & microwave according to directions on package
- Prepare vegetables by microwaving: carrots, edamame & peas. I like to add some coconut oil to veggies to give some added flavor
- Add heated vegetables to cooked ramen noodles & enjoy warm!



Pesto Chicken & Ricotta Sandwich

YOU WILL NEED:

- 1 piece bread, I like sprouted wheat sourdough bread
- 1/4 cup cooked chicken, shredded
- 2 tablespoons ricotta
- 2 tablespoons arugula
- 2 cherry tomatoes, chopped
- 1/4 cup pesto

DIRECTIONS:

- Preheat oven to 350°F
- Combine shredded chicken, tomato, arugula & pesto; mix thoroughly
- Cut piece of bread in half. Put ricotta on one half of bread & spread pesto mixture on the other half
- Bake sandwich for 10 minutes or until cheese is melted & enjoy warm!

Dinners





Crispy Cauliflower Tacos

YOU WILL NEED:

- 1/4 cup of Trader Joe's Kung Pao Tempura Cauliflower
- 1/4 cup of Trader Joe's fried rice
- 1 tablespoon of shredded cabbage
- 2 tablespoon of Trader Joe's Tropical Salsa
- 2 tortillas

DIRECTIONS:

1. Bake cauliflower according to the package directions
2. Microwave shredded cabbage and fried rice for 30 seconds or until heated through
3. Microwave tortillas with wet paper towel for 30 seconds on each size
4. Put tempura cauliflower, rice and kale mixture in tortilla. Top with tropical salsa & enjoy warm!



Peanut Satay Ground Turkey Lettuce Wrap

YOU WILL NEED:

- 1 teaspoon coconut oil
- 1/2 teaspoon minced ginger
- 1/2 cup ground turkey, I used leftover ground turkey that was precooked
- 1/4 cup veggies, such as shredded carrots & cooked broccoli
- 1/2 cup cooked Trader Joe's Fried Rice
- 2 tablespoons Trader Joe's Peanut Satay Sauce
- 3 leaves of romaine lettuce hearts

DIRECTIONS:

- Add minced ginger and coconut oil to pan and heat for 1 minute
- Add ground turkey and vegetables to pan. Cook for about 8 minutes or until browned
- Add fried rice mixture and peanut sauce and cook for two more minutes. Once heated through take off stove
- Wash lettuce leaves, Add ground turkey mixture to lettuce & enjoy!



Chicken Enchiladas

YOU WILL NEED:

- 1/2 cup cooked chicken, shredded
- 1/4 cup of black bean
- 2 flour tortillas
- 1/4 cup of Trader Joe's enchilada sauce
- 2 Tablespoons Mexican cheese blend

DIRECTIONS:

- Preheat oven to 350 degrees
- Put chicken and beans in center of tortilla. Put tortilla seam side down in pan (I recommend putting tin foil in pan to make clean up easier)
- Pour enchilada sauce over tortillas, add cheese on top of tortillas
- Bake for 12 minutes & enjoy warm!



Pulled Pork Stuffed Sweet Potato

YOU WILL NEED:

- 1 sweet potato
- 1/4 cup of Trader Joe's pulled pork
- 2 tablespoons of black beans
- 2 tablespoons guacamole

DIRECTIONS:

- Preheat oven to 350° degrees
- Bake sweet potatoes in oven for 1 hour & take out of oven
- Microwave pulled pork according to package directions
- Add heated pulled pork to sweet potato, top with black beans and guacamole. Serve warm and enjoy!



Meatless Meatball Naan Pizza

YOU WILL NEED:

- 1 piece Trader Joe's Tandoori Naan
- 3 tablespoons of tomato sauce
- 3 Trader Joe's Meatless Meatballs
- 1/3 cup ricotta

DIRECTIONS:

- Preheat oven to 350°F
- Microwave meatballs according to the directions on the package
- Spread your tomato sauce onto your piece of naan
- Top naan with remaining ingredients (cooked meatballs and ricotta cheese)
- Bake naan pizza for 10 minutes or until cheese is bubbling & enjoy warm!

5 Day Menu Plan

DAY 1

MON B: Avocado crema toast
L: Teriyaki Chicken Salad
D: Pulled pork stuffed
sweet potato

DAY 2

TUE B: Yogurt parfait
L: BBQ Turkey Grain
Bowl
D: Crispy Cauliflower
Tacos

DAY 3

WED B: Mini Veggie Frittata Cups
L: BBQ Chicken Buffalo Ranch
Chopped Salad
D: Peanut satay ground turkey
lettuce wraps

DAY 4

THU B: Lemon & Berry Overnight
oats
L: Pesto Chicken Sandwich
D: Chicken Enchiladas

DAY 5

FRI B: Caramel Peanut
Butter Chocolate Chip
Muffins
L: Peanut Satay Noodles
D: Meatless Meatball
Naan Pizza

Grocery List

PANTRY STAPLES

- Flour tortillas
- Sugar
- Brown rice
- Eggs
- Salt
- Pepper
- Sourdough bread
- Red Pepper Flakes
- Roasted Oats
- Cinnamon
- Peanut Butter

OILS & SAUCES

- Trader Joe's Tropical Salsa
- Trader Joe's Peanut Satay Sauce
- Trader Joe's Enchilada sauce
- Everything But The Bagel Seasoning
- Tomato sauce
- Coconut oil
- BBQ Sauce
- Pesto
- Vegetable oil

DAIRY

- Mexican cheese blend
- Ricotta
- Feta
- Greek yogurt
- Milk

TRADER JOE'S PRODUCTS

- Omega trail mix
- Lemon curd
- Trader Joe's Kung Pao Tempura Cauliflower
- Trader Joe's fried rice
- Trader Joe's Pulled Pork
- Trader Joe's Tandoori Naan
- Trader Joe's Meatless Meatballs
- Trader Joe's Avocado's Number Guacamole
- Trader Joe's Breaded Chicken
- Trader Joe's BBQ Chicken Teriyaki
- Misto alla Griglia
- Trader Joe's Mini Chocolate Chip Pancake & Waffle Mix

FRUITS & VEGETABLES

- Arugula
- Cherry Tomatoes
- Shredded cabbage with orange carrots
- Broccoli
- Romaine lettuce
- Sweet potato
- Mixed Berries: [Strawberries, Blackberries, Blueberries]
- Mango
- Apple
- Orange
- Trader Joe's buffalo ranch chopped salad mix

MISCELLANEOUS

- Ground turkey
- Premium Chunk White Chicken
- Maple syrup
- Peanut Butter Cups
- Minced ginger
- Black beans
- Slivered almonds
- Lime
- Yellow Onion
- Ramen