

Trader Joe's Shopping List: 5 10-minute Dinners

(Meal plan for family of 4, adjust quantities as needed for your family.)

For recipes and instructions, [visit Peanut Blossom](http://www.peanutblossom.com):

<http://www.peanutblossom.com/blog/2017/04/best-frozen-food-at-trader-joes.html/>)

FROZEN SECTION:

- 1 box Trader Joe's Mini Beef Tacos
- 1 bag of Trader Joe's Orange Chicken
- Frozen Peas
- 1 box of frozen brown rice (or jasmine, or fried rice)
- 2 boxes of Trader Joe's Turkey Bolognese sauce
- 1 box of frozen tilapia cutlets (or fish sticks)
- 1 box of Trader Joe's mac and cheese
- 1 box of Trader Joe's hatch chile mac and cheese

REFRIGERATED SECTION:

- 2 boxes Trader Joe's gyro slices
- Tzatziki sauce or cilantro & chive yogurt sauce
- Sour Cream

BREAD/PASTA:

- 1 package of naan bread, plain
- 2 packages of gnocchi

FRESH PRODUCE:

- 2-3 bags of salad mix
- 1 lime
- 1 package of cherry tomatoes
- 1 cucumber
- 1 purple onion
- 2 bags of baby carrots
- Cilantro & Green onions (optional)
- Purple cabbage (optional)

CONDIMENTS:

- 1 jar of salsa
- 1 jar of corn salsa (optional)
- Trader Joe's Balsamic Glaze