

## 6-Day Meal Plan & Shopping List Using Trader Joe's Items

I've planned the week for you so you don't have to!

Below is a sample week of recipes along with a grocery list. They are meals that I've made using ingredients from Trader Joe's that are inexpensive and simple. All recipes are delicious, plant-based, balanced, and take less than 30 mins to make (which is my forte!).

I hope this creates some structure for future meal prepping and inspires you to try some new recipes, and at the very least I hope this makes one week of your life a little easier. xo

### Day 1: Veggie Shakshuka

#### Ingredients

shakshuka starter from Trader Joe's  
1/2 diced bell pepper  
2 tbsp diced onion  
5-6 broccoli and cauliflower florets  
2 pasture-raised eggs  
sourdough bread

#### Recipe

1. recipe (makes 2 servings)
2. in a small pan over medium heat sauté the veggies in 1 tbsp olive oil
3. microwave shakshuka starter to defrost for 2-3 mins and then add to pan
4. create 2 divets in the sauce and veggies to crack your eggs
5. cover and cook for 3-5 mins until whites are cooked and yolks are overeasy
6. serve with bread and coffee and enjoy!

**prep time:** 30 minutes

**nutrition per serving:** 310 calories, 15g protein, 40g carbohydrate, 8g fat, 5.5g fiber





## Day 2: Chickpea Lentil Curry

### Ingredients (makes 2-3 servings)

- 1/2 cup steamed lentils from Trader Joe's
- 1 cup brown rice (use 90 sec bag of rice)
- 1 can chickpeas
- 2 cups roasted vegetables (I used broccoli, bell pepper, red onion, and tomato)
- 1/4 cup thai style yellow curry sauce from Trader Joe's
- 2-3 sprigs fresh parsley

### Recipe

1. pour all ingredients into a large mixing bowl
2. toss to coat in curry sauce
3. serve with fresh parsley and enjoy!

**prep time:** 15 mins

**nutrition per serving:** 635 calories, 28g protein, 80g carbohydrates, 15g fat, 24g fiber.



### Day 3: Shrimp Curry Lettuce Wraps

#### Ingredients

- 1 cup chickpea lentil curry (*use the 2nd serving of lentil curry for this recipe*)
- 2-3 sprigs fresh parsley
- 1 head Boston lettuce
- 1 tbsp olive oil
- 8 cooked frozen shrimp
- pinch of paprika

#### Recipe

1. place 4 leaves of boston lettuce onto a plate
2. scoop 1/4 cup chickpea lentil curry to place on each leaf (1 cup total)
3. place shrimp onto a pan with olive oil over medium heat with a sprinkle of paprika
4. saute on each side until shrimp is golden brown, around 4 mins on each side
5. place shrimp on top of lettuce wraps, garnish with cilantro, and enjoy!

**prep time:** 15 mins

**nutrition per serving:** 530 calories, 23g protein, 50g carbohydrates, 23g fat, 11g fiber.





## Day 4: Falafel Salad

### Ingredients

lemony arugula basil salad kit  
3 frozen falafel  
1/4 cup heirloom tomatoes  
3 tbsp vegan tzatziki dip  
optional: pita bread and parsley

### Recipe

1. add 2 handfuls of arugula from the salad kit with 1-2 tbsps of the dressing from the salad kit and toss arugula to coat
2. add 2 handfuls of arugula from the salad kit with 1-2 tbsps of the dressing from the salad kit and toss arugula to coat
3. add tzatziki and mix
4. heat up falafel and add to salad
5. top with tomatoes and parmesan from salad kit
6. plate with pita and enjoy!

**prep time:** 15 mins

**nutrition per serving:** 635 calories, 28g protein, 80g carbohydrates, 15g fat, 24g fiber.

### Day 5: Cauliflower Crust Pizza

#### Ingredients (makes 1 pizza)

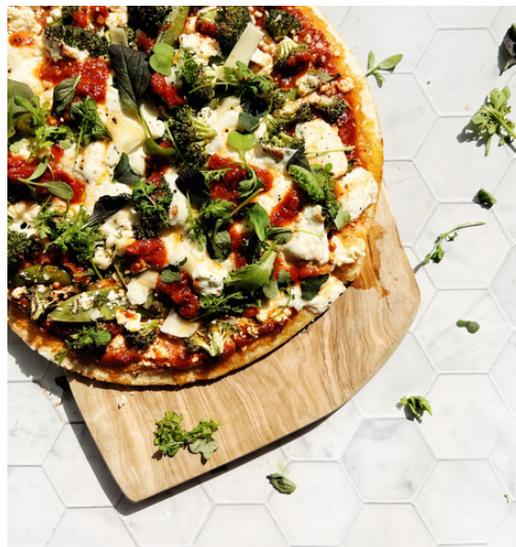
cauliflower pizza crust  
8 oz burrata (2 balls)  
spicy chunky tomato & pepper pasta sauce  
1 cup broccoli florets  
1/2 cup snap peas  
1/4 cup feta  
2 tbsp parmesan  
1 tbsp hot honey  
1 tbsp olive oil  
microgreens to garnish

#### Recipe (makes 4 servings)

- 1.heat cauliflower crust per instructions on package (recommend baking it in the oven at 450F without toppings for 10-15 mins, flipping crust halfway to crisp)
- 2.add your toppings starting with this pasta sauce (which I prefer to pizza sauce!)
- 3.add broccoli, snap peas, and burrata
- 4.sprinkle feta over pizza and place back into the oven for 10-15 mins, then place broil for 5 mins to crisp the broccoli
- 5.take out of the oven and add parmesan cheese, drizzle with olive oil and hot honey, garnish with microgreens, and enjoy!

**prep time:** 40 mins

**nutrition per serving:** 365 calories, 14g protein, 34g carbohydrate, 18g fat, 5g fiber





## Day 6: Stir Fry Falafel Veggies

### Ingredients

- 18 oz container asian style vegetable stir fry
- 4 frozen falafel
- 2 tbsp feta
- 1/4 cup vegan tzatziki dip
- 1 tsp zaatar

### Recipe (makes 1 serving)

1. spray a large pan with olive oil and place over medium heat
2. add 1/2 pre-cut stir fry vegetable container
3. saute veggies for 10 mins, stirring constantly
4. add zaatar, falafel, and plate
5. top with feta and a large scoop of tzatziki sauce and enjoy!

**prep time:** 20 mins

**nutrition per serving:** 525 calories, 20g protein, 47g carbohydrate, 24g fat, 12g fiber

## Trader Joe's Grocery List

### **Produce**

- yellow bell pepper
- red onion
- 12 oz bag broccoli florets
- 1 pkg heirloom tomatoes
- fresh parsley leaves
- microgreens to garnish (or use parsley)
- asian style vegetable stir fry (pre-cut veggies)
- 1 head boston lettuce (4 leaves needed)
- lemony arugula basil prebagged salad kit

### **Frozen Items**

- frozen brown rice packages
- 1 bag frozen falafel
- cauliflower pizza crust

### **Dairy**

- 8oz burrata
- 6oz container feta
- pasture-raised eggs (2 needed)

### **Fish**

- precooked frozen shrimp (8 needed)

### **Bread**

- sourdough bakery-style loaf
- optional pita bread for salad

### **Miscellaneous**

- 1 package (1 lb 1.6 oz) steamed lentils
- 1 can chickpeas
- thai style yellow curry sauce
- vegan tzatziki dip
- spicy chunky tomato & pepper pasta sauce