

TRADER JOE'S WEEKLY MEAL PLAN

CarrieElle.com

Instant Pot Tri-tip Fajitas

Parma Rosa Gnocchi with Asparagus

Suggested side dishes: bread sticks and a side salad

Homemade Margherita Pizza

Suggested side dishes: bread sticks and a side salad

**RECOMMEND
MAKING TWO!**

Instant Pot Potsticker Soup

Suggested side dishes: veggie stir-fry or a side salad

Greek Gyro Salad with Tzatziki

Sheet Pan Herb-Roasted Chicken with Potatoes & Kale

Pesto Frittata with Goat Cheese & Asparagus

Suggested side dishes: croissants & a side salad

Dessert: Cookie Butter Cookies

**RECOMMEND
DOUBLING THIS
RECIPE!**

RECIPE LINKS

[Instant Pot Tri-tip Fajitas](#)

[Parma Rosa Gnocchi with Asparagus](#)

[Homemade Margherita Pizza](#)

[Instant Pot Potsticker Soup](#)

[Greek Gyro Salad with Tzatziki](#)

[Sheet Pan Herb-Roasted Chicken with Potatoes & Kale](#)

[Pesto Frittata with Goat Cheese & Asparagus](#)

[Cookie Butter Cookies](#)

TRADER JOE'S WEEKLY MEAL PLAN

{shopping list}

PRODUCE AISLE

- ☐ 3 green bell peppers
- ☐ 4 red onions
- ☐ 1 bag asparagus
- ☐ Fresh basil
- ☐ Fresh rosemary
- ☐ Fresh thyme
- ☐ 5-6 pearl tomatoes
- ☐ 1 bag carrots
- ☐ Garlic (need 8-10 cloves)
- ☐ Fresh ginger
- ☐ 5-6 shallots
- ☐ Button mushrooms (in the small box or pre-sliced)
- ☐ 1 bag baby bok choy
- ☐ 1 bag romaine (will need 4 cups, chopped)
- ☐ 1 lemon
- ☐ 1 bag baby kale
- ☐ 1-2 cucumbers
- ☐ Cherry tomatoes
- ☐ 1 ½ lb red potatoes
- ☐ 1 container of tzatziki
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEAT & CHEESE AISLE

- ☐ 1 ½ lb Tri-Tip roast
- ☐ 1 box pre-cooked gyro meat
- ☐ 6 boneless, skinless chicken breasts

- ☐ Ready-to-bake pizza dough
- ☐ Parmesan cheese
- ☐ 8 oz. mozzarella
- ☐ Feta cheese
- ☐ Goat cheese
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BREAD SECTION

- ☐ Pita bread
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN AISLE

- ☐ 12 oz. bag of gnocchi
- ☐ 16 oz. bag of Chicken Gyoza Potstickers
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

EGGS & DAIRY

- ☐ Butter (recommended: Kerry Gold)
- ☐ Dozen eggs
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ _____

DRY/CANNED

- ☐ 1 box beef broth
- ☐ 2 boxes chicken broth
- ☐ 1 jar marinara sauce
- ☐ 1 jar Alfredo Pasta Sauce w/ Romano & Parmesan Cheese
- ☐ 1 can black olives
- ☐ Cookie Butter (creamy)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BAKING SECTION

- ☐ Light brown sugar
- ☐ Sugar
- ☐ Vanilla extract
- ☐ All-purpose flour
- ☐ Baking soda
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MISC.

- ☐ extra virgin olive oil
- ☐ salt & pepper
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____