

You can do it all *AND* eat well too!

TRADER JOE'S®

Quick Meal Options



Quick cooking without compromising quality or flavor - that's the kind of convenience we make easily recognizable with our abstract microwave icon. This symbol identifies a delicious entrée (made from a combination of foods from 2 or more food groups) that is ready to heat and serve in 15 minutes or less, regardless of the appliance used. Please note, this list is not all-inclusive. We do our best to keep the information as up to date and as accurate as possible, but we do introduce and discontinue products all the time, so keep your eyes open.

FROZEN

3 plus Blue Italian Flatbread	Chicken Satay Skewers with Peanut Dipping Sauce
Asian Style Chicken Stir Fry with Sauce	Chicken Serenada
Asparagus Risotto	Chicken Taquitos
Bambino Pizza Formaggio	Chicken Tikka Masala w/ Basmati Rice
BBQ Blue Cheese Chicken Wings	Cioppino Seafood Stew
Beef & Green Chile Burritos	Coconut Curry Chicken Stix
Beef Steak Burritos	Curried Lentils w/ basmati Rice
Beef Taquitos	Fare For Four or More... Cheese Enchiladas
Black Bean & Cheese Taquitos	Fettuccine with Mushrooms
Black Bean & Corn Enchilada	French Onion Soup
Black Bean & Rice Burrito	Garlic Chicken Stir Fry
Broccoli & Cheddar Cheese Quiche	Gestalt Shrimp Stir Fry
Cannelloni Tre Formaggio	Gnocchi al Gorgonzola
Channa Masala	Gnocchi alla Sorrentina
Chicken Burritos	Handcrafted Beef Enchiladas
Chicken Chilaquiles	Handcrafted Beef Tamales
Chicken Chile Verde	Handcrafted Cheese & Green Chile Tamales
Chicken Chile Verde Burritos	Handcrafted Cheese Enchiladas
Chicken Chow Mein	Handcrafted Chicken & Cheese Tamales
Chicken Eggrolls	Handcrafted Chicken Enchiladas
Chicken Enchiladas Green Chile Sauce	Kung Pao Chicken Stir Fry
Chicken Fajita Burrito	Lemongrass Chicken Stix
Chicken Fried Rice	Mac n' Cheese
Chicken Gorgonzola	
Chicken Pomodoro	
Chicken Pot Pie	

Mexican Quiche
 Mini Beef Tacos
 Mini Chicken Tacos
 Mojito Salmon
 Mushroom Risotto
 Organic 3 Cheese Pizza
 Paneer Tikka Masala
 Pasta Italiano
 Pasta Medley
 Penne Arabiatta
 Penne Pepperonata
 Pesto Pizza
 Pesto Tortellini Bowl
 Pizza 4 Formaggi
 Pizza Margherita
 Pizza Olympiad
 Pizza Parlanno
 Reduced Guilt Baked Ziti
 Reduced Guilt Filet of Sole
 Reduced Guilt Roasted Vegetable Couscous
 Roasted Poblano Peppers w/ Shrimp,
 Rice & Cheese
 Roasted Vegetable Multigrain Lasagna
 Saucy Scallops with Mushrooms
 Shepherd's Pie
 Shredded Beef Burritos
 Shrimp Etouffee
 Shrimp Stir Fry
 Smoked Salmon & Spinach Crêpes
 Southwest Chicken Quesadillas
 Southwest Salmon en Croute
 Spicy Kung Pao Chicken Rice Bowl
 Spinach & Mushroom Quiche
 Spinach Lasagna
 Sweet & Sour Shrimp with Rice
 Tarte d'Alsace
 Thai Style Massaman (Curry) Chicken
 Tilapia Citronette
 Tomato & Pesto Flatbread w/Mozz.
 Vegetable Burritos
 Vegetable Eggrolls
 Vegetable Fried Rice
 Vegetarian Pizza
 White Chicken Sesame Noodle Bowl

GROCERY

Beef Barley Soup
 Chicken Noodle Soup
 Chunky Minestrone
 Garlic Rice Noodle Soup Bowl
 Indian Fare Jaipur Vegetables

Indian Fare Punjab Choley
 Italian Express Four Cheese Lasagna
 Italian Express Whole Wheat Penne
 with Meatballs
 Lentil Soup with Vegetables
 Low Sodium Chicken Pasta Soup
 Low Sodium Minestrone Soup
 Macaroni & Cheese
 Mushroom Noodle Soup Bowl
 Organic Minestrone Soup
 Organic Shells & White Cheddar
 Premium Select Chicken Chile w/Beans
 Springy Onion Noodle Soup Bowl
 Tasty Thai Meals (Green Curry, Tom
 Yum)
 Turkey Chili
 Vegetable Jambalaya

REFRIGERATED*

Fresh Entrées – from Moroccan Chicken
 & Mediterranean Feasts to Stuffed
 Peppers & Meatloaf Meals...

Fresh Pizzas – a savory selection of
 small pies, ready to heat & eat.
 Fresh Salads – some 15 or so varieties
 of fresh, classic & exotic salads.

Fresh Sandwiches – a dynamic
 selection of flavors, shapes & sizes.

Fresh Sushi - an assortment of fresh
 fish &/or vegetable combinations, some
 a tad sweet, others a bit savory and if
 you like, some are spicy.

*The Refrigerated Quick Meal items will vary by
 region & sometimes by season. The following
 category descriptions are intended to pique your
 curiosity and whet your appetite. If they worked,
 please visit your local store for specific items.