

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
Asian Style Chicken Stir Fry with Sauce
Asparagus Risotto
Bambino Pizza Formaggio
BBQ Blue Cheese Chicken Wings
Beef & Green Chile Burritos
Beef Steak Burritos
Beef Taquitos
Black Bean & Cheese Taquitos
Black Bean & Corn Enchilada
Black Bean & Rice Burrito
Broccoli & Cheddar Cheese Quiche
Cannelloni Tre Formaggio
Channa Masala
Chicken Burritos
Chicken Chilaquiles
Chicken Chile Verde
Chicken Chile Verde Burritos
Chicken Chow Mein
Chicken Eggrolls
Chicken Enchiladas Green Chile Sauce
Chicken Fajita Burrito
Chicken Fried Rice
Chicken Gorgonzola
Chicken Pomodoro
Chicken Pot Pie

Chicken Satay Skewers with Peanut
Dipping Sauce
Chicken Serenada
Chicken Taquitos
Chicken Tikka Masala w/ Basmati Rice
Chile Relleno
Cioppino Seafood Stew
Coconut Curry Chicken Stix
Curried Lentils w/ basmati Rice
Fare For Four or More... Cheese
Enchiladas
Fettuccine with Mushrooms
French Onion Soup
Garlic Chicken Stir Fry
Gestalt Shrimp Stir Fry
Gnocchi al Gorgonzola
Gnocchi alla Sorrentina
Handcrafted Beef Enchiladas
Handcrafted Beef Tamales
Handcrafted Cheese & Green Chile
Tamales
Handcrafted Cheese Enchiladas
Handcrafted Chicken & Cheese Tamales
Handcrafted Chicken Enchiladas
Kung Pao Chicken Stir Fry
Lemongrass Chicken Stix

FROZEN cont.

Mac n' Cheese
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
Raviolone in Brodo
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
Tarte d'Chamignon
Thai Style Massaman (Curry) Chicken
Tilapia Citronette
Tomato & Pesto Flatbread w/Mozz.
Vegetable Burritos
Vegetable Eggrolls
Vegetable Fried Rice
Vegetable Panang Curry
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
Indian Fare Take-out Thali
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 Cajun inspired
Fettucine Alfredo & 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.