

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 Taquitos
Asian Style Chicken Stir Fry with Sauce	Chicken Tikka Masala w/ Basmati Rice
Asparagus Risotto	Chile Relleno
Bambino Pizza Formaggio	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
Black Bean & Cheese Taquitos	Enchiladas
Black Bean & Corn Enchilada	Fettuccine with Mushrooms
Black Bean & Rice Burrito	French Onion Soup
Broccoli & Cheddar Cheese Quiche	Focaccia Verdure
Cannelloni Tre Formaggio	Garlic Chicken Stir Fry
Channa Masala	Gestalt Shrimp Stir Fry
Chicken Burritos	Gnocchi al Gorgonzola
Chicken Chilaquiles	Gnocchi alla Sorrentina
Chicken Chile Verde	Handcrafted Beef Enchiladas
Chicken Chile Verde Burritos	Handcrafted Beef Tamales
Chicken Chow Mein	Handcrafted Cheese & Green Chile
Chicken Eggrolls	Tamales
Chicken Enchiladas Green Chile Sauce	Handcrafted Cheese Enchiladas
Chicken Fajita Burrito	Handcrafted Chicken & Cheese Tamales
Chicken Fried Rice	Handcrafted Chicken Enchiladas
Chicken Gorgonzola	Kung Pao Chicken Stir Fry
Chicken Pomodoro	Lemongrass Chicken Stix
Chicken Pot Pie	Mac n' Cheese
Chicken Serenada	Mexican Quiche

FROZEN cont.

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
Shrimp w/ Green Curry & Jasmine Rice
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/Mozzarella
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
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.