



TRADER JOE'S FAVS!

- JICAMA WRAPS IN PLACE OF TACO SHELLS OR TORTILLAS
- JALAPENO SAUCE ADDS GREAT FLAVOR TO EGGS AND MORE
- SALSA VERDE IS A KEY INGREDIENT FOR THIS QUICK MEAL
- SALMON RUB ADDS DELICIOUS FLAVOR TO SALMON FILETS
- SMOKED SALMON ADDS PROTEIN TO EGGS, BAGELS AND MORE
- ALMOND CHIPOTLE DIP IS A HEALTHY SNACK WITH CARROTS
- RANCH SEASONING ON POPCORN FOR A HEALTHY SNACK
- WILD TUNA MAKES A QUICK AND PROTEIN RICH LUNCH
- VANILLA GREEK YOGURT MAKES A YUMMY PARFAIT
- GINGER AND GARLIC IN FROZEN CUBES IN THE FREEZER SECTION
- CHICKEN SAUSAGE PATTIES ADD PROTEIN TO YOUR BREAKFAST
- ORGANIC CHICKEN ON HAND MAKES IT EASY TO WHIP UP MEALS
- ORGANIC JOE COFFEE IS A GO TO BLEND
- BAREBELLS CARAMEL CASHEW PROTEIN BARS ARE DEVINE
- BUTTERMILK PROTEIN PANCAKE MIX WITH BLUEBERRIES

MEAL PLAN

MONDAY

2 Ingredient Shredded Mexican Chicken with Jicama Wraps

TUESDAY

Sun Dried Tomato Salmon or Salmon with Salmon Rub

WEDNESDAY

Beef and Broccoli Bowl

THURSDAY

Honey Mustard Chicken Drumsticks

FRIDAY

Teriyaki Turkey Burgers

SATURDAY

Grilled Balsamic Stead Kabobs

SUNDAY

Pineapple Teriyaki Shrimp

