

Medi for All Shopping List



TRADER JOE'S

- Southwest Chopped Salad
- BBQ Black Pepper Toscano Chopped Salad
- Veggie Greens Salad Kit
- Mediterranean Style Salad Kit
- Sesame Crunch Chopped Salad Kit
- Shredded Green and Red cabbage with carrots
- Jicama Wrap
- Trader Joe's Just Chicken
- Sriracha Baked Tofu
- Teriyaki Tofu
- Boxed steamed lentils
- Mexican Cowboy Beans
- Toasted Tomatillo Salsa Verde
- Red Pepper Spread with Eggplant and Garlic
- Greek Chickpeas with parsley and cumin
- Marinated Artichoke Hearts
- Kitchari Indian Grains, Veggies and Spices
- Yellow Tadka Dal
- Three-Layer Hummus
- Hard Boiled Eggs (shelled)
- Seeds & Grains Crispbread
- Go Macro Bars
- RXR Bars

From the Freezer Section:

- Steel Cut Oats with Maple and Brown Sugar
- Multigrain waffles
- Riced Cauliflower

- Brown and Wild Rice
- Organic Brown Rice
- Miso Vegetables with Brown Rice Sauté Kit
- Asian Style Veggie Stir Fry
- Riced Cauliflower Bowl
- Cod Provencal with Ratatouille
- Shrimp Stir Fry with Pepper Seasoning
- Mahi-Mahi Burger

Meal Ideas with These Ingredients:

Breakfast:

- Greek Yogurt + fresh mango + berries + spinach Smoothie
- Hard boiled eggs + fresh cut up watermelon + cantaloupe
- Steel Cut Oats plus berries + walnuts + chia seeds
- Multigrain waffles with fresh fruit + Peanut butter

Lunch/Dinners:

- Southwest Chopped Salad + Mexican Cowboy Beans + apples + toasted tomatillo salsa verde
- BBQ Black Pepper Toscano Chopped Salad + avocado + TJ's just chicken
- Veggie Greens Salad Kit + Sriracha Baked Tofu + fruit + Rice medley + goat cheese
- Mediterranean Style Salad Kit + TJ's Red Pepper Spread with Eggplant and Garlic + almonds + boxed steamed lentils
- Sesame Crunch Chopped Salad Kit + mahi mahi burger + honeydew melon
- Jicama wrap with TJ's Just chicken cooked + shredded Green and Red cabbage with carrots + power greens + Three-layer hummus

- Miso Vegetables with brown rice sauté kit + cashews + Teriyaki tofu
- Asian Style Veggie Stir Fry + sauce + riced cauliflower + sliced oranges
- Riced cauliflower bowl
- Cod Provençal with Ratatouille + brown and wild rice
- Shrimp stir fry with pepper seasoning and frozen brown rice
- Greek chickpeas with parsley and cumin, marinated artichoke hearts, Greek feta, cherry tomatoes, in a WW pita bread
- Kitchari – Indian grains, veggies and spices + brown rice + Yellow Tadka Dal +dollop of Greek yogurt

Snacks:

- Mixed Nuts and fruit
- Go Macro: Dark Chocolate and Almonds, PB chocolate chip, Coconut almond butter chocolate chip, Chocolate and Peanut Butter Chip, Oatmeal Chocolate Chip
- RX bars: Honey Cinnamon PB, Chocolate Sea salt, Blueberry, Peanut Butter Chocolate
- Three-layer hummus with Seeds & Grains Crispbread + fresh cut veggies- peppers, carrots, cucumbers, snap peas
- Hard boiled eggs + fresh fruit