

Trader Joe's Hacks

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Welcome!

I'M SO GLAD YOU'RE HERE!



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The information in this guide is not meant to substitute for any dietary regimen or advice that may have been prescribed by your doctor. As with all dietary programs, you should get your doctor's approval before beginning. If you suspect you have a medical problem, I urge you to seek competent help. Keep in mind that nutritional needs vary from person to person. The information here is intended to help you make informed decisions about your eating and health. This guide is meant to be a guide for your food choices; it does not recommend you eliminate any foods from your diet in its entirety. This guide Is also not for those who are under 18 years, or who have specific medical conditions. Read more here: collegenutritionist.com/terms-conditions

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Using this Guide

Welcome to the world of easy, delicious dinners from Trader Joe's! I know you're busy, and sometimes preparing a satisfying dinner can feel overwhelming. Fear not! :) In this guide, I'm listing my ingenious and time-saving dinner hacks using your favorite Trader Joe's products. Enjoy!

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Easy Carnitas Skillet

4 SERVINGS • 471 CALS PER SERVING

INGREDIENTS



1 package carnitas



4 zucchini



2 2/3 cups corn



2 tsp taco seasoning



1 small avocado



1/4 cup feta

DIRECTIONS

1. Dice zucchini
2. Microwave & shred carnitas meat
3. Stir fry the zucchini, corn, carnitas, and taco seasoning for 10 minutes.
4. Top with feta and avocado (add cilantro & lime juice if you're feeling fancy).

No pork? Use beans.



Sausage Gnocchi Sheet Pan

3 SERVINGS • 452 CALS PER SERVING

INGREDIENTS



3 unexpected cheddar chicken sausage



3 servings of cauliflower gnocchi



1 bag mini bell peppers



1 1/2 tsp garlic salt & 1 1/2 tsp red pepper, 1 Tbsp avocado oil

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Slice peppers into small pieces and sausage into slices.
3. Mix peppers, gnocchi (uncooked), and sausage in a large bowl with oil and seasonings.
4. Lay on a baking sheet in a single layer, and bake for 20-30 minutes (depending on how many servings you're making). Check on your food & mix the contents around midway through.

No sausage? Use tofu. No gluten? Use gluten-free gnocchi, or potatoes (slice into very small pieces so that they bake in ~30 minutes).



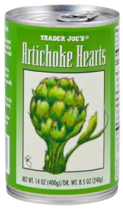
Spinach & Artichoke Bake

3 SERVINGS • 449 CALS PER SERVING

INGREDIENTS



2 spinach & artichoke dips



3 cans artichokes



1 lemon chicken



salt & pepper

DIRECTIONS

1. Dice chicken and mix together with garlic powder and pepper
2. Spray a pan with an oil spray and cook chicken on medium heat for 8 minutes, until chicken has cooked through
3. Preheat oven to 375 degrees F
4. Spray an oven-safe pan or casserole dish with an oil spray
5. Add in spinach & artichoke dip (if using a frozen one, cook in the microwave first), chicken, and chopped artichoke pieces. Mix contents to combine
6. Bake for 15 minutes

No dairy? Swap this meal out for another. No chicken? Use white beans (no need to cook first).



Carne Asada Inspired Bowl

3 SERVINGS • 488 CALS PER SERVING

INGREDIENTS



2 bags spicy Mexican-style riced cauli



1 lb carne asada style beef



3/4 cup guacamole



cilantro



2 Tbsp butter

DIRECTIONS

1. Spray a pan with an oil spray
2. Add in ground beef and cauliflower rice
3. Cook on medium heat about 10 minutes, stirring frequently, until beef has cooked through and cauli rice is a bit browned
4. Add in red pepper flakes, cumin, garlic salt, onion powder – add in as much as you like!
5. Plate your dish, then top with squeezed lime, chopped cilantro, and guacamole

No beef? Use beans.



Egg Roll in a Bowl

4 SERVINGS • 415 CALS PER SERVING

INGREDIENTS



2 bags of shredded cabbage



1 lb ground beef pork



1 Tbsp sesame oil



1/4 cup sesame seeds



2 Tbsp coconut aminos, soy sauce, or gyoza sauce



hot sauce and pepper to taste

DIRECTIONS

1. Add oil to pan.
2. Stir fry ground pork on medium heat for ~6 minutes, stirring regularly.
3. Add in cabbage for another 5 minutes.
4. Mix in seasonings, hot sauce, and soy sauce.

No pork? Use tofu or beans. No soy? Use coconut aminos.

Note: I'm using a shredded cabbage & carrot mixture in the picture, which you're welcome to use as well – or just use cabbage!



Artichoke Chicken Bake

3 SERVING • 543 CALS PER SERVING

INGREDIENTS



3 chicken thighs



1 cup feta



3 cups marinated artichokes

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Add chicken and drained marinated artichokes to an oven-safe dish.
3. Bake for 15 minutes.
4. Remove dish from the oven.
5. Flip chicken and mix around artichokes. Add in feta.
6. Turn oven to broil, and broil for 10 minutes.

No chicken? Use tofu. No feta? Use more marinated artichokes.

Note: I'm using Trader Joe's jarred marinated artichokes. Other brands will have similar products.



Ground Turkey Hash

3 SERVINGS • 400 CALS PER SERVING

INGREDIENTS



3 cups TJ's holiday vegetable hash



1 lb lean ground turkey



2 Tbsp olive oil



Herbes de Provence to taste



salt & pepper

DIRECTIONS

1. Poke holes in top and bottom of potato. Microwave for 2 minutes on top and bottom (so 4 minutes total).
2. Add oil to a pan.
3. Dice carrots, celery, and sweet potato.
4. Cook all ingredients for 15 minutes on low heat, or until vegetables are tender and meat has cooked through, stirring frequently
5. Top with salt and pepper.

No poultry? Use tofu or beans.



Quick Thai Inspired Fried Rice

3 SERVINGS • 522 CALS PER SERVING

INGREDIENTS



1 jar red curry sauce



15 oz package roasted turkey breast



1 package Asian Style Stir Fry Veg



1 1/2 cups cooked rice



1 Tbsp butter



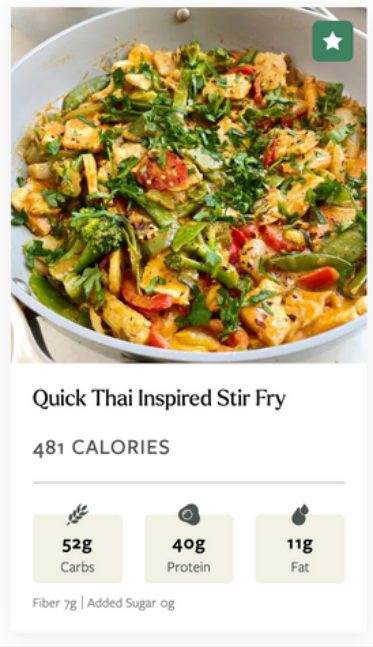
Parsley

DIRECTIONS

1. Thinly slice turkey into medium sized pieces
2. Melt butter in a pan, stir fry turkey and vegetables on medium heat until everything has cooked through
3. Add in sauce and red pepper flakes, let simmer until heated through
4. Top with parsley, and eat over rice if desired.

No meat? Use white beans.

You can add these meals straight to your meal plan with automated grocery list within Best Body! You can also add portions for family members - without it impacting your calorie or macro goals.



Quick Thai Inspired Stir Fry

481 CALORIES

52g	40g	11g
Carbs	Protein	Fat

Fiber 7g | Added Sugar 0g



Egg Roll in a Bowl

463 CALORIES

11g	25g	37g
Carbs	Protein	Fat

Fiber 4g | Added Sugar 0g



Ground Turkey Hash

STARCH 461 CALORIES

39g	26g	22g
Carbs	Protein	Fat

Fiber 9g | Added Sugar 0g

GROCERY LIST COPY RESET

Note: list includes all portions (including family portions) multiplied by the number of days that meal is selected

Not refrigerated (dried, canned, bottled, etc.)

- [ ] Basil, dried...1 tsp
- [x] Broth, chicken or beef (cups)...3 cups
- [ ] Canned, diced tomatoes...2 cups
- [ ] Chocolate chips, semisweet, Tbsp...3 Tbsp
- [ ] Cinnamon...¾ tsp
- [x] Curry sauce, red...2¼ cups
- [x] English muffin, whole wheat...2
- [ ] Lime, juice...4 Tbsp
- [ ] Mustard, regular (brown, deli, etc.)...3 Tbsp
- [ ] Nuts...½ cup
- [ ] Oatmeal, dry oats (uncooked)...1½ cups
- [ ] Olive oil (Tbsp)...4 Tbsp
- [x] Oregano...1 tsp
- [ ] Peanut butter, unsweetened (Tbsp)...6 Tbsp
- [ ] Pepper, ground...1½ tsp
- [ ] Pita bread...2
- [x] Red pepper flakes...0.5625 tsp
- [ ] Salsa...1 cup
- [x] Salt...2½ tsp
- [ ] Tuna, canned (1 can)...2



Do you want to stop dieting, and permanently lose 5 to 50+ pounds?

Are you sick of eating “perfectly” all day and then overdoing it at night?
Do you want to feel totally in control around food, and stop emotional eating?
Are you tired of wasting food in your fridge, money on expensive supplements, or your whole weekend making complicated, 20-ingredient recipes?
Do you know you’re not living to your fullest potential, because you're not feeling confident or have low self esteem?

I'D LOVE FOR YOU TO JOIN...

BEST BODY

by DR. RACHEL PAUL PHD,RD.

The simple system to lose weight permanently and finally feel in control around food.

- Permanently lose 5-50 pounds
- Feel totally in control around food
- Have simple, tasty, wholesome recipes
- Feel absolutely confident

BEST BODY

by DR. RACHEL PAUL PHD,RD.

My proven program to help you become your best self



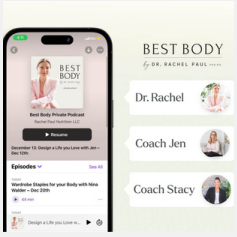
1. CREATE YOUR PERSONALIZED PLAN

I walk you through creating a plan that specifically works for YOU – for your body's needs, lifestyle, food preferences – during the week, on the weekend, during special events, etc. in video lessons.



2. SIMPLIFY YOUR MEAL PLANNING

I make eating healthy SO EASY for you with the Best Body Meal Planner. Through my interactive meal planning tool with 1600+ simple meal, snack, and dessert options, you can either create plans based on what's already in your fridge, or follow the plans I create each week.



3. WEEKLY COACHING CALLS

I'm so excited to bring you 2-3 group calls a week, where my amazing team of coaches and I will help you with any personal struggles, and answer all of your questions. Calls are at various days and times to accommodate schedules/time zones, and are recorded and uploaded to our private podcast, so you can listen anytime.



4. COMPLETE MINDSET TRAINING

You'll get my Complete Mindset Mastery Training. I teach you mindset shifts for every situation you may encounter: stress eating in the afternoon, overeating on the weekends, dealing with your mother-in-law, etc. through video lessons



5. SUPPORTIVE COMMUNITY & ACCOUNTABILITY

Our Best Body community is unlike any other! Members are by your side to cheer you on, share tips and recipes, and help you overcome any obstacles.



6. NEW TOOLS EACH MONTH

New recipe books, guides, trainings, and coaching calls are available every month on everything from feeling confident in a bathing suit to sitting next to judgmental aunts at Thanksgiving, and more.

I'D LOVE FOR YOU TO JOIN ME IN BEST BODY