



# 10 Trader Joe's Finds → 10 Dinners (15 Minutes Each)

Shop once. Dinner all week.

## 10-ITEM CART LIST

1. Shawarma Chicken Thighs
2. Frozen Jasmine Rice
3. Garlic Naan
4. Mediterranean Hummus
5. Mandarin Orange Chicken
6. Vegetable Fried Rice
7. Cauliflower Gnocchi
8. Kale Gnocchi (or Spinach)
9. Unexpected Cheddar Cheese
10. Frozen Italian-Style Meatballs

## PANTRY ASSUMPTIONS

Oil, salt, pepper, water

**Optional:** lemon, chili flakes, soy sauce

## 10 DINNERS (3 STEPS EACH)

### 1. Shawarma Chicken Bowl

Open chicken + rice → Heat → Finish with hummus

### 2. Shawarma Naan Wraps

Open chicken + naan → Heat → Wrap with hummus

### 3. Mandarin Chicken & Rice

Open chicken + rice → Heat → Toss with sauce

### 4. Mandarin Chicken Lettuce Cups

Open chicken → Heat → Spoon into lettuce

### 5. Veggie Fried Rice Dinner

Open fried rice → Skillet-heat → Serve

### 6. Meatballs & Cheddar Skillet

Open meatballs + cheese → Heat → Melt on top

### 7. Meatball Naan Flatbreads

Open meatballs + naan → Heat → Top with cheese

### 8. Cauliflower Gnocchi & Cheddar

Open gnocchi → Pan-crisp → Add cheese

### 9. Kale Gnocchi Skillet

Open gnocchi → Sauté → Season

### 10. Cheesy Veggie Rice Bowl

Open fried rice + cheese → Heat → Stir together