

# Easy Meals to Make From Trader Joe's

Amanda Nazario, MS, RDN



# Breakfast

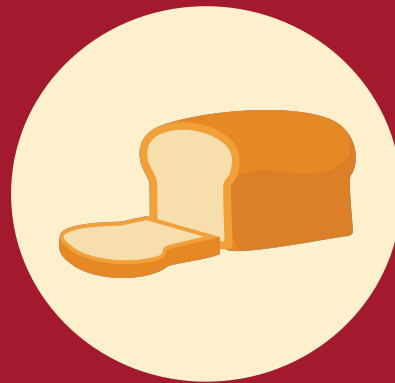


# Components of a Well-Balanced Breakfast



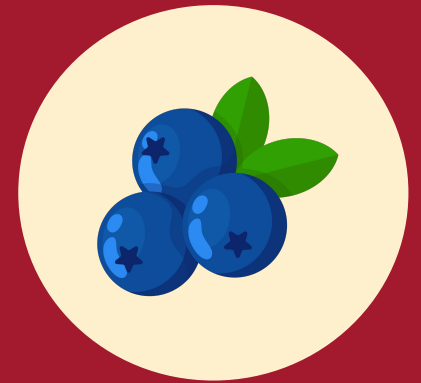
## Protein

Eggs, Chicken Sausage,  
Milk, Greek Yogurt, Soy  
Milk, Cottage Cheese



## Carbohydrates

Wheat Bread, Whole-Grain  
Cereal, Oats, Granola,  
Wheat Tortilla



## Color

Apples, Peaches, Grapes,  
Banana, Blueberries,  
Spinach, Bell Pepper

# Importance of Each Component



## Protein

High-protein breakfasts aid in weight loss, improve appetite-regulating hormone levels, & contributes to reduced hunger and cravings.



## Carbohydrates

A breakfast containing carbs give our bodies the energy to get started and our brains the fuel it needs to take on the day.



## Color

Including color at breakfast boosts your intake of vitamins, minerals, and fiber, supporting digestion and overall health.



# Protein Berry Smoothie

Servings: 1



1 Cup



1 Cup



3/4 Cup



1 Banana

## Nutrition Per Serving

Calories: 333  
Protein: 21g

Carbs: 56g  
Fat: 5g

# High-Protein Oatmeal

Servings: 1



1 Cup



1 Scoop



1/2 Cup



1/2 Cup

## Nutrition Per Serving

Calories: 405  
Protein: 33g

Carbs: 52g  
Fat: 11g

# Classic Egg Breakfast

Servings: 1



2 Slices



3 Eggs



1/2 An Avocado



1/2 Cup

## Nutrition Per Serving

**Calories: 545**  
**Protein: 26g**

**Carbs: 44g**  
**Fat: 32g**



# Breakfast On The

Servings: 1  
**Go**



OR



1 Pack

2 Slices

1 Apple

## Nutrition Per Serving

**Calories: 395**  
**Protein: 19g**

**Carbs: 60g**  
**Fat: 10g**

# Breakfast On The Go Pt. 2

Servings: 1



1 Burrito

1 Nectarine

## Nutrition Per Serving

Calories: 472  
Protein: 21g

Carbs: 58g  
Fat: 19g



# Breakfast On The Go Pt. 3



Servings: 1



1 Breakfast Sandwich

½ Cup Strawberries

## Nutrition Per Serving

Calories: 217  
Protein: 17g

Carbs: 10g  
Fat: 12g

# Protein Pancakes

Servings: 1



1 Cup



2 Teaspoons



½ Cup



1 Banana

## Nutrition Per Serving

Calories: 508  
Protein: 28g

Carbs: 88g  
Fat: 6g

# Greek Yogurt Parfait

Servings: 1



1 Cup



2 Teaspoons



3/4 Cup



1/4 Cup

## Nutrition Per Serving

**Calories: 383**

**Carbs: 65g**

**Protein: 34g**

**Fat: 14g**

# Loaded Avocado Toast

Servings: 1



2 Slices



½ An Avocado



2 Eggs



2 Tablespoons

## Nutrition Per Serving

**Calories: 525**  
**Protein: 24g**

**Carbs: 39g**  
**Fat: 33g**



# Lunch/Dinner





# Components of a Well-Balanced Lunch/Dinner



## Protein

Chicken, Beans, Tofu,  
Turkey, Salmon, Tuna,  
Lentils



## Carbohydrates

Wheat Pasta, Wheat  
Bread, Brown Rice,  
Quinoa, Sweet Potato



## Color

Kale, Spinach, Bell  
Pepper, Tomato, Apples,  
Oranges, Carrots,  
Cucumber

# Importance of Each Component



## Protein

Protein is important to help repair and build muscles, keeps you feeling full longer, and supports energy levels throughout the day.



## Carbohydrates

Carbs are important as they provide your body & brain energy. They help maintain focus and stamina, especially during busy afternoons.



## Color

Color is important because fruits and veggies contain fiber which helps you feel full, and supports a healthy gut.

# Mediterranean Chicken

Servings:

# Salad



1 Bag



1 Cup



1 Container



1 Avocado

## Nutrition Per Serving

Calories: 455  
Protein: 22g

Carbs: 36g  
Fat: 26g



# Classic Pizza & Salad

Servings: 3



1 Pizza



1 Pack Sausages  
(Slice & Bake On Pizza)



1 Bag

## Nutrition Per Serving

Calories: 626  
Protein: 34g

Carbs: 63g  
Fat: 33g

# Protein Pasta Bowl

Servings: 5



1 Bag



1 Pack



1 Jar



2 Bags

## Nutrition Per Serving

**Calories: 512**  
**Protein: 24g**

**Carbs: 76g**  
**Fat: 14g**



# Vegan Pasta Night

Servings: 5



1 Box



1 Bag



1 Container



½ A Bag

## Nutrition Per Serving

**Calories: 385**

**Carbs: 48g**

**Protein: 22g**

**Fat: 12g**

# Spicy Farfalle Pasta

Servings: 1  
**Bowl**



1 Container



1 Bag

## Nutrition Per Serving

**Calories: 570**

**Carbs: 55g**

**Protein: 26g**

**Fat: 28g**

# Cauliflower Gnocchi

Servings: 3



1 Bag



1 Pack



½ A Container



1 Container

## Nutrition Per Serving

**Calories: 483**

**Carbs: 36g**

**Protein: 27g**

**Fat: 27g**



# Thai Red Curry

Servings: 4



1 Bottle



2 Bags



1 Bag



1 Bag

## Nutrition Per Serving

Calories: 770  
Protein: 43g

Carbs: 82g  
Fat: 32g

# Chicken Shawarma

Servings: 1  
**Wrap**



3 Ounces



1 Pita



2 Tablespoons



½ Cup (Each)

## Nutrition Per Serving

**Calories: 384**  
**Protein: 29g**

**Carbs: 46g**  
**Fat: 11g**



# Teriyaki Chicken

Servings: 4



1 Container

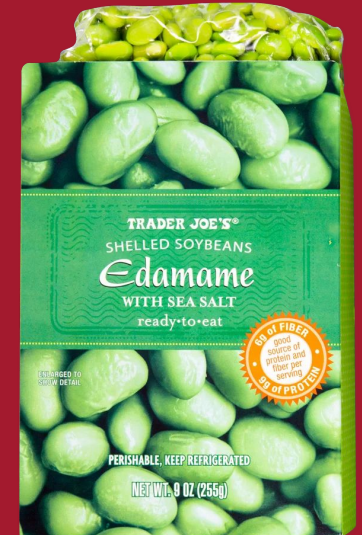
Marinate for  
24 Hours



1 Bottle



2 Bags



2 Cups

## Nutrition Per Serving

**Calories: 605**  
**Protein: 38g**

**Carbs: 62g**  
**Fat: 20g**

# Teriyaki Chicken On The

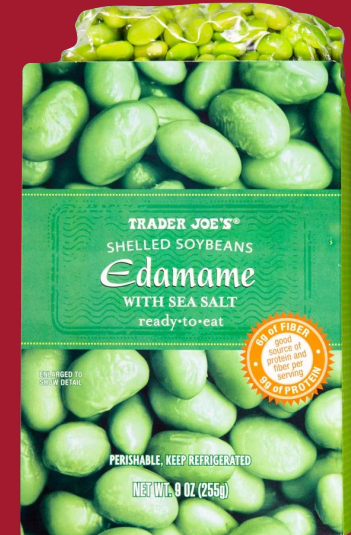
Servings: 3  
**Go**



1 Cup



2 Bags



1 ½ Cups

## Nutrition Per Serving

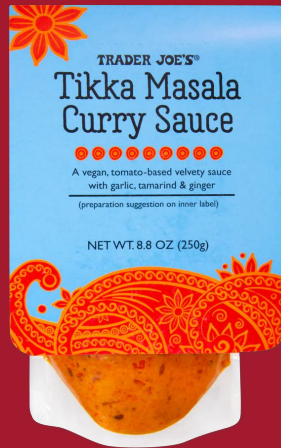
**Calories: 610**  
**Protein: 46g**

**Carbs: 64g**  
**Fat: 18g**



# Chicken Tikka Masala

Servings: 2



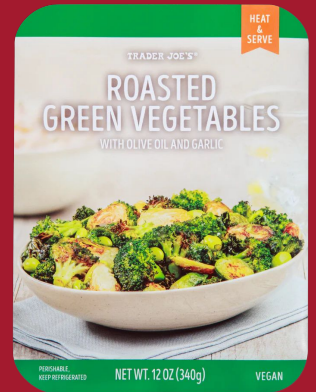
½ Cup



1 Bag



1½ Cups



1 Cup

## Nutrition Per Serving

Calories: 470  
Protein: 37g

Carbs: 50g  
Fat: 14g



# Classic Chicken & Veggies

Servings: 1  
**Dinner**



2 Thighs



½ A Bag



½ A Bag

## Nutrition Per Serving

**Calories: 530**

**Carbs: 54g**

**Protein: 28g**

**Fat: 21g**

# Vegetarian Fried Rice

Servings: 4



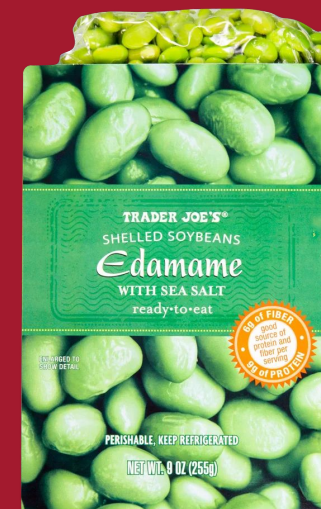
1 Bag



1 Bag



1 Block



½ The Container

## Nutrition Per Serving

**Calories: 402**

**Carbs: 46g**

**Protein: 26g**

**Fat: 13g**



# Carne Asada Tacos

Servings: 1



4 Tortillas



4 Ounces



¼ Cup



½ Cup

## Nutrition Per Serving

Calories: 515  
Protein: 36g

Carbs: 64g  
Fat: 16g



# Tuna Salad Sandwich

Servings: 1



1 Can



2 Slices



½ Cup



¼ Cup

\*\*Add mustard, salt, pepper, pickles, and red onion to your liking.

## Nutrition Per Serving

**Calories: 370**  
**Protein: 54g**

**Carbs: 28g**  
**Fat: 3g**

# Turkey Sandwich

Servings: 1



2 Slices



4 Ounces



1 Slice



As Much As You Like

## Nutrition Per Serving

**Calories: 430**  
**Protein: 37g**

**Carbs: 46g**  
**Fat: 13g**

# Pulled Chicken BBQ Sandwich

Servings: 1



1/3 The Package



1/3 The Bag



1 Bun

## Nutrition Per Serving

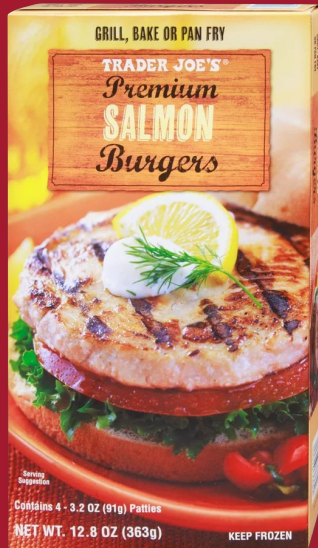
Calories: 370  
Protein: 29g

Carbs: 51g  
Fat: 6g



# Salmon Burger

Servings: 1



1 Patty



1 Bun



As Much As You Like



½ The Bag

## Nutrition Per Serving

Calories: 510  
Protein: 29g

Carbs: 64g  
Fat: 19g

# Snacks





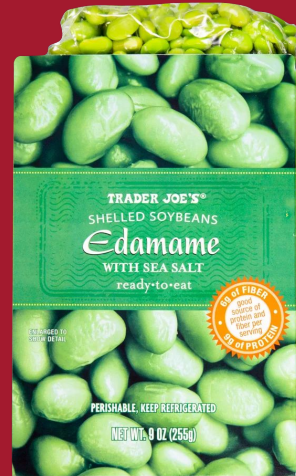
# High Protein Snacks



Protein Bars



String Cheese



Edamame



Antipasto Stick



Chicken Lettuce Wraps



Protein Pancakes



Tuna & Crackers



Skyr



# High Fiber Snacks



Apple & Peanut Butter



Peppers & Cottage Cheese Dip



Seasoned Chickpeas



Carrots & Hummus



Applesauce



Popcorn

# Questions?



**Amanda Nazario, MS, RDN**  
SDSU Dining Registered Dietitian  
[aashbynazario@sdsu.edu](mailto:aashbynazario@sdsu.edu)

Book an appointment to learn more about navigating dietary needs and food options on SDSU's campus.

[eatatsdsu.com/Dietary-Consultations](https://eatatsdsu.com/Dietary-Consultations)



sdsu *dining*