

TRADER JOE'S

Meal Plan

Gluten Free - Dairy Free

Monday

Lasagna Soup

Tuesday

Garlic Pasta
and Salad

Wednesday

Herb Roasted Pork
Chops and Veggies

Thursday

Chicken and
Rice Soup

Friday

Spaghetti and
Chicken
Meatballs with
Veggies

Saturday

Burgers, Fries
and Salad



Sunday

Fish Tacos with
Mango Salsa