

TRADER JOE'S Grocery List

Veggies/Produce

- Mini Peppers
- Potato Medley
- Broccoli Slaw
- Produced Butternut Squash
- Or Sweet Potato In Weeks
- With Less Time!
- Really Any And All, But
- Those Are Just Some
- Favorite Go-Tos
- Frozen Fruits
- Frozen Mashed Sweet
- Potatoes
- Mini Avoca
- Frozen Mashed Cauliflower

Grains/Starch

- Frozen Rice/ Quinoa
- 10 Minute Farro
- Quinoa Pasta
- Cauliflower Gnocchi
- Ancient Grains And Nuts Granola
- 7 Grain Sprouted Bread
- Corn/Wheat Combo Tortilla
- Gluten Free Rolled Oats
- Red Lentil Pasta
- Refrigerated Overnight Oats

Snacks

- Individually Packaged Trail Mix
- Just Beet Chips
- Freeze Dried Fruits
- Dried Mango (No Added Sugar)
- Snap Peas Chips
- Light String Cheese
- Pistachios (Well Any Raw Nuts!)
- Chocolate Covered Frozen Bananas

Frozen/Refrigerated Proteins

- Premade Grilled Chicken
- Pre-boiled Eggs
- Perfect Bars
- Skyr Yogurts
- Shelled Edamame
- Tofu
- Salmon
- Ground Chicken/Turkey
- Chicken Sausage
- Chili Lime Chicken Burgers
- Turkey Burgers
- Salmon Burgers
- Buffalo Style Hummus

Condiments/Dressings/Spices/Etc

- Everything But The Bagel Seasoning
- 21 Seasons Seasoning
- Coconut Aminos
- Green Goddess Dressing
- Thick & Chunky Salsa
- Tomato Basil Marinara
- Mixed Nut Butter
- Hemp Hearts
- Ground Flax Seed Meal

