

Trader Joes shopping list

Eat clean everywhere you go!



COLD FOODS

- Greek Yogurt
- Cooked Bacon (Nitrate-Free)
- Organic (Free Range) Eggs
- Organic Grass Fed Beef
- Organic (Cage Free) Egg Whites
- TJ Turkey Deli Meat (Nitrate free)
- Feta Cheese
- Organic Tempeh
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FROZEN FOODS

- Salmon (wild caught)
- Shrimp (all natural)
- Organic Frozen Berries
- Organic Frozen Mangos
- Organic Brown Rice
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DRY GOODS

- Organic Canned Beans (black/lentils/garbanzo)
- Raw Seeds (sunflower & pepitas)
- Dried (Sulfur-Free) Apricots, Apples, Mangos & Raisins

- Organic Quinoa
- Organic Brown Rice Cakes
- Raw Almond Butter
- Raw Nuts
- Gluten Free Bread/Bagels
- Sprouted Wheat Tortillas/Bread
- Almond Meal (aka flour)

PRODUCE

- Organic Blueberries
- Organic Persian Cucumbers
- Organic Carrots (in bag)
- Organic Snap Peas (in bag)
- Organic Kale, Spinach, Arugula (in bag)
- Organic Green Beans
- Organic Apples
- Organic Pears
- Organic Sweet Potatoes
- Organic Pears
- Organic Bell Pepper Trio (in bag)
- Fresh Organic Basil (packaged)
- Organic Avocados

- Organic Broccoli Slaw
- Organic Zucchini (packaged)
- Organic Broccoli (in bag)
- Organic Strawberries

SPICES

- Alcohol- Free Vanilla Extract
- Organic Mint (fresh)
- Organic Cilantro (fresh)
- Himalayan Pink Salt

SUPERFOODS

- Organic Coconut Oil
- Chia Seeds

EXTRAS

- Extra Virgin Olive Oil
- Organic Green Tea
- Organic Roobios Tea
- Peaches in Juice (in a jar)
- Organic Apple Sauce
- Lara Bars
- Pure Maple Syrup
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