

Trader Joe's Shopping Guide

BY SAMANTHA VOOR, RDN

Vegetables (organic is best!)

- greens, broccoli, mushrooms, zucchini, cucumber, tomatoes,
- peppers, riced cauliflower, garlic, onion, sweet potato, red potatoes,
- carrots, snap peas, eggplant, jicama, brussels sprouts, lemon, lime,
- cabbage, beets, spaghetti, acorn, and butternut squashes, ginger

Fruit (organic is best!)

- bananas, avocado, apples, grapefruit, berries, pomegranate,
- oranges, kiwi, peaches, watermelon, wild frozen blueberries, frozen
- acai berry, frozen coconut chunks, dried mango (no sugar added)

Protein (organic is best!)

- boneless skinless chicken breast, wild smoked salmon, free range
- eggs, free range whole chicken, lean grass fed beef, part skim
- mozzarella, goat cheese, tempeh, sriracha tofu, Quinoa Cowboy
- burgers, frozen wild salmon and tuna burgers, grass fed burgers

Nuts and Seeds (Raw is best!)

- almonds, cashews, pistachios, pecans, walnuts, chia seeds, flax
- seeds or flax meal, hemp seeds, pumpkin seeds, pine nuts, brazil
- nuts, macadamia nuts, coconut flakes

Dry/Canned Goods

- Ancient grain and super seed oatmeal (GF), cacao nibs, canned
- chickpeas, black beans, cannellini beans, northern beans, almond
- flour, gluten free flour, brown rice/quinoa pasta, black bean pasta,
- organic quinoa, farro, brown rice, wild rice, buckwheat

Snacks/Nut Butter

- GF Tamari seed crackers, organic popcorn with EVOO, mixed nut
- butter, natural peanut butter, almond butter, cashew butter, Lara
- bars, Rx bars, That's it bars, TJ Fruit bars, Perfect bars, beet dip,
- organic tortilla chips, hummus, guacamole, Just Beet chips

Staples

- Extra virgin olive oil, avocado oil, raw virgin coconut oil, Kerrygold
- grass fed butter, ghee, canned coconut milk and cream, organic low
- sodium veggie stock, diced tomatoes, unsweetened almond milk,
- sourdough, ezeikil bread, GF Norwegian crispbread

Misc.

- Organic raw honey, pure maple syrup, organic cacao powder, green
- tea, herbal tea, frozen cauli rice "stuffing", frozen brown rice, vegan
- kale pesto, cauliflower pizza crust, GF pizza crust, Everything But
- the Bagel seasoning, almond butter granola, Kombucha