



# Trader Joe's Shopping List



## Dairy

- unsweetened almond milk
- low-fat cottage cheese
- heavy cream (TJ's organic brand has no carrageenan)
- egg whites (for Trim Healthy pancakes)
- 0% plain Greek yogurt
- Kerrygold butter
- eggs
- cheese (TJ's has AMAZING cheeses! Havarti, cheddar, mozzarella...pick your favorite!)
- cream cheese

## Meat

- ground turkey
- grass-fed ground beef (frozen)
- organic chicken
- bacon
- natural lunch meats

## Vegetables

- bagged spinach
- bagged veggies (Brussels sprouts, hericot verts, peas, etc)
- bagged lettuce
- cauliflower

## Frozen

- vegetables (green beans, peppers, spinach, or your favorites)
- frozen berries

## Fruit

- apples
- avocados
- tomatoes
- cucumbers

## Pantry

- sea salt
- unsweetened cocoa powder
- pure stevia extract
- coconut oil
- baking soda
- baking powder
- olive oil
- vinegar
- salad dressing (look for dressings with 0 or 1 carb and no added sugar)
- almond meal
- cashew meal
- quinoa
- brown rice
- flax seed
- flax meal
- chia seeds
- canned artichoke hearts
- peanut butter (look for no sugar added)
- almond butter (look for no sugar added)
- old-fashioned oats
- unsweetened applesauce
- canned beans
- canned tomatoes
- coconut milk
- coconut cream
- canned marinara sauce (check the label for added sugar)
- red palm oil (new! check the THM book for uses)
- sprouted wheat bread (at my TJ's, the plan-approved sprouted bread is in the purple package)

- baked blue corn chips (low fat)
- salsa
- nuts (TJ's also has an excellent nut selection. Choose your favorites for snacking, but check the labels for sugar)

## Beverages

- sparkling water
- coffee
- oolong tea

## Drive - Thru Sue Favorites

- Pre-made salads (look for low carb options and use your own dressing instead of the sugary ones included)
- pre-marinated meats (again, check for sugar and hidden carbs)
- pre-cooked frozen brown rice
- Reduced Guilt Spinach & Kale Greek Yogurt Dip (FP)
- pre-diced onions and celery
- pre-diced/sliced vegetables
- sausage (check ingredients for sugar and other hidden carbs)
- frozen seafood blend

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