



Healthy Foods at Trader Joe's Checklist

COLD CASES DAIRY AND EGGS

- Eggs - any
- Cottage Cheese
- Butter
- Icelandic Skyr**
- String Cheese
- Cheese Sticks & Babybel
- Cheese Slices
- Half and Half
- Grass-fed Milk
- Egg Wraps**
- _____
- _____
- _____

OTHER COLD ITEMS

- Cauliflower Slims**
- Pre-cooked lentils**
- Precooked edamame**
- Trader Joe's High Protein TOFU EXTRA FIRM**
- Sauerkraut
- Kimchi - Spicy
- Guacamole - any
- Hummus - any
- Salsa - any
- Tzaziki
- Bruschetta
- Vegan Pesto
- _____
- _____
- _____
- _____
- _____

VEGETABLES

All veggies, including salad kits!

- Purple Sweet Potatoes**
- Baby Beets Precooked**
- Butternut Squash Fries**
- Mirepoix Mix**
- Stir Fry Vegetable Medley**
- _____
- _____
- _____
- _____
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FRUIT

All fruit!

- Teeny Tiny Avocados**
- Jicama Sticks**
- Medjool Dates
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- _____
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FREEZER

- Orange Chicken**
- Teriyaki Chicken**
- Kung Pao Chicken**
- Cauliflower Gnocchi**
- Cauliflower Rice**
- Turkey Burgers
- Frozen Tenders and Thighs
- Grilled Strips
- All seafood - great selection of wild-caught
- Cauliflower crust pizzas**
- Roasted seasoned Brussel sprouts**
- _____
- _____
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- _____
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MEAT & SEAFOOD

- Grilled Chicken
- Meatloaf
- Roasted Chicken Breast
- Chicken Piccata
- Pulled Pork or Chicken
- Sous Video Turkey
- Roasted Turkey Breast
- Deli Meat
- Smoked Fish
- Chicken Sausages**
- Marinated Chicken (Pesto)**
- Marinated Steak (Basalomic)**
- Fresh Meat, Chicken, Seafood**

**Bold = items that are unique to TJ's or hard to find elsewhere!*



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SNACKS

- Roasted Nuts - any flavor
- Dried Fruit - any
- Plantain chips**
- PB Pretzels or AB Pretzels
- Popcorn
- _____
- _____
- _____

PANTRY ITEMS

- Peanut Butter
- Almond Butter
- Olive Oil - Cold Pressed
- Avocado Oil
- Tomato Basil Marinara - made with EVOO!
- Pasta nests - great for portion control
- Brown Rice Pasta
- Red Lentil Pasta
- Quinoa Pasta
- Hearts of Palm Pasta (Low carb)
- Everything but the bagel**
- Salmon rub seasoning**
- Peanut Satay Sauce
- Grilled Artichokes
- Olives
- Hemp seeds
- Chia seeds

- Flax seeds
- Coconut Aminos
- Rolled Oats
- Whole Wheat Pita
- Almond Flour Tortilla
- Instant Oatmeal with flax - unsweetened
- Rolled oats with ancient grains and seeds
- Jarred Peaches
- Jarred Salsa
- _____
- _____
- _____

KIDS SNACKS

- Fig Bars, Bobos, or Z Bars Cliff
- Applesauce
- Snap Peas
- Pure Bars - Organic Layered Fruit Bars

DRINKS

- Sparkling water
- Spindrift
- Kirkland Water bottles
- Cold Pressed Juice
- Cold Brew
- _____
- _____

PROTEIN SHAKES/BARS

- Designer Whey
- Hemp Protein Shakes
- RX Bars
- Barebells
- Perfect Bars
- _____
- _____
- _____

HOUSEHOLD ITEMS & OTHER

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