

TRADER JOE'S Shopping Guide

By Pump&Crunch



VEGGIES

- Petite Sweet Potato Medley
- Teeny Tiny Fingerling Potatoes
- Brussels Sprouts
- Asparagus
- White Mushrooms
- Broccoli & Cauliflower
- Spaghetti Squash
- Green Beans
- Eggplant
- Zucchini & Squash
- Carrots
- Turnips
- Celery
- Peppers (Bell, Jalapeño, Shishito)
- Teeny Tiny Avocados
- Lemons & Limes
- Shredded Cabbage
- Fresh Greens (Arugula, Spinach, Kale)
- Pre-Packed Salads (Cesar, Mediterranean, Complete Baby Spinach,
- Fresh Cilantro
- Fresh Basil
- Green Onions
- Minced Garlic

PROTEIN

- Organic Ground Beef (85%/15%)
- Ground Pork (80%/20%)
- Fresh Lean, Ground Chicken
- Organic, Free Range Chicken Thighs
- Pork Tenderloin
- Grass Fed, Organic Ribeye Steaks
- Organic, Free Range Eggs

FRIDGE

- Chèvre with Honey Goat's Milk Cheese
- Low Fat Cottage Cheese
- Zhoug Sauce
- Vegan Kale, Pesto, and Cashew Pesto
- Organic, Creamy Cashew Fiesta Dip
- Organic Buffalo Style Hummus
- Organic Spicy Avocado Hummus
- Green Goddess Salad Dressing
- Wrights of Texas Fresh Green Salsa
- Cut Beets in Vinaigrette
- Salsa Verde
- Coconut Aminos
- Ginger Stir-In Paste
- Sriracha Sauce
- Trader Joe San Soyaki Sauce

FRUIT

- Berries (Strawberries, Blueberries, Blackberries, Raspberries)
- Purple Grapes
- Navel Oranges
- Honeycrisp Apples

DRINKS

- GT'S Kombucha
- Healthade Kombucha
- Black Cold Brew Coffee
- Columbia Supremo Medium Roast Coffee

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PANTRY

- Everything But the Bagel Seasoning
- Chile Lime Seasoning Blend
- Hemp Seeds
- Ground Flax Seed
- Nuts (Cashews, Almonds, Walnuts)
- Dried Cranberries
- Rice (Wild & Brown Jasmine)
- Dried Green Lentils
- Free Range Chicken Broth
- Blanched Almond Flour
- Organic Coconut Flour
- Organic Coconut Sugar
- Organic, Fair Trade
- Cacao Powder
- Baking Soda
- Cacao Nibs
- Quinoa
- Organic Crunchy, Salted Peanut Butter
- Creamy, Salted Cashew Butter
- Sunflower Seed Butter
- Blue Corn Tortilla Chips
- Veggie and Flaxseed Tortilla Chips
- Roasted Plantain Chips
- Tahini
- Organic, Virgin Coconut Oil
- Trader Giotto's Imported Olive Oil
- Toasted Sesame Oil

CANNED

- Giant Baked Beans in Tomato Sauce
- Dolmas Vine Leaves Stuffed with Rice
- Reduced Fat Coconut Milk
- Garbanza Beans
- Organic Black Beans
- Organic Tomatoes Diced in Tomato Juice
- Organic Tomatoes Diced and Fire Roasted

FREEZER

- Uncooked Ground Buffalo Burgers
- Wild Argentinian Red Shrimp
- Cauliflower Pizza Crust
- Butternut Squash Pizza Crust
- Cauliflower Gnocchi
- Sweet Potato Gnocchi

WANNA SPLURGE?

- Speculoos Cookie Butter
- Dark Chocolate Covered Blueberries
- Dark Chocolate Covered Cherries
- Dark Chocolate Sunflower Seed Butter Cups
- Mini Cranberry Orange Tea Scones