

Trader Joe's Shopping List

Protein	
TJ Roasted Chicken Sausage (Garlic 400mg Na, Spicy Jalapeno 390mg Na, or Sweet Apple 350mg Na) *	1 link = 1 protein
Hebrew National 97% fat free all beef hot dogs	1 = 1 protein
TJ All Natural Uncured Chicken Hot Dogs	1 dog = 1 protein
TJ Sriracha Tuna Salad	½ cup = 1 protein
TJ Salmon Burger and Mahi Mahi burger	1 = 1 protein
All Natural Chicken Breasts (seasoned)	1 = 2 proteins
TJ Uncured Turkey Bacon 94% Fat Free	3 slices = 1 protein
TJ Maple Chicken Breakfast Sausage	2 links = 1 protein
TJ turkey/bison/beef jerky *	½ bag = 1 protein
TJ Reduced Sodium turkey breast (sliced deli meat)	4 slices = 1 protein
TJ turkey burger	1 patty = 2 proteins
Coconut milk yogurt (vanilla/blueberry) - refrigerator	1 = 1 protein + ½ fruit
TJ Jarlsberg Lite cheese	2 slices = 1 protein
TJ Light Feta cheese	¼ cup = 1 protein
Laughing Cow Lite (all flavors)	2 wedges = 1 protein
Baby Bell Light (red wrapper)	2 circles = 1 protein
TJ soft goat cheese medallions (individual)	1 = 1 protein
TJ Lite Whipped Cream Cheese	2 Tbsp = 1 protein
TJ Organic Greek Style 0% yogurt (honey, plain, vanilla)	1 container = 1 protein + ½ fruit
Fage 0% Plain Greek Yogurt	1 container = 1 protein
Jumbo cooked shrimp (freezer section)	16 = 2 proteins
TJ Frozen fish (cod, mahi mahi)	3 oz = 1 protein
Fresh Atlantic Salmon Fillet	3 oz = 2 protein + 1 fat
Fresh Cod Fillet	3 oz = 2 protein
Protein	
TJ Frozen Grilled Eggplant Parmesan	1 = 1 starch + 1 protein + 1 fat
TJ Frozen Dover Sole	6 oz = 2 proteins
Frozen Branzino Fillet (European Sea Bass)	1 Filet = 1 Protein
Organic Penut Powder With Sea Salt*	3 Tbsp = 1 Fat
Hardwood Smoked Ahi Tuna	
TJ Fresh Hard-cooked Peeled eggs	1 egg = 1 protein
Vegeterian Protein	
Morningstar Tomato Basil pizza burger	1 = 1 protein

Dr. Praeger's California or Tex Mex Burger	1= 1 protein
TJ Organic Baked Tofu (savory and teriyaki – in refrigerator)	1 piece = 1 ½ proteins
TJ Italian Sausage-less sausage*	1 link = 1 ½ protein
Starch	
Lightlife Meatless Smart Dogs Veggie Hot Dogs	1 link = 1 protein
TJ whole wheat slims	1 = 1 starch
TJ medium whole wheat pita	1 = 1 starch
TJ Light whole wheat bread (50 calories/slice)-fresh bread section	2 slices = 1 starch
Udi's Gluten free bread	1 slice = 1 starch
TJ Latin Style Black Bean Soup	3/4 cup = ½ starch
Multiseed Crackers with Tamari Soy Sauce*	32 = 1 Starch
TJ Low Sodium Butternut Squash Soup	3/4 cup = ½ starch
TJ Tomato and Roasted Red Pepper soup	1 cup = 1 starch
TJ Lundberg rice cakes	2 = 1 starch
TJ Steel Cut Oatmeal (freezer section)	1 pouch = 1 starch + ½ fruit
TJ High Fiber cereal	3/4 cup= 1 starch
TJ Soy Crisps	18 = ½ starch, ½ protein
TJ low fat French toast	1 slice = 1 starch
TJ Savory thin mini crackers	30 crackers = 1 starch
TJ frozen Organic Brown Rice/Wild Rice/Jasmine Rice /quinoa	½ cup = 1 starch
Blueberry Wheat bran muffins	1 muffin = 1 starch
Steamed lentils (refrigerator section)	½ cup= 1 starch
Cut Butternut Squash	1 cup= 1 starch
Fruit	
Tomato Basil hummus	3 Tbsp = ½ starch + ½ fat
TJ Lite Kettle Corn Snack Bag	1 bag = 1 starch
TJ Reduced Sugar Organic Preserves (Strawberry, Raspberry, Blueberry)	2 Tbsp = 1 fruit
Lime or Strawberry Frozen Fruit Bars ("fruit floes")	1 = 1 fruit
Trader Giotto's Rustico Pomodoro sauce	1 cup = 1 fruit
TJ Low sugar Lemonade or Pink Lemonade	½ cup = ½ fruit
TJ 100 calorie dark chocolate sticks	1 = 1 fruit
Fruit	
TJ Miss Meringue large cookies (vanilla)	4 = 1 fruit
Fat	
TJ Angel Food Cake	¼ cake (2oz)= 1 fruit
GT's Kombucha Gingerade drink	1 bottle = 1 fruit
GT's Synergy Organic Kombucha drink	1 bottle = 1 fruit
TJ Teriyaki Seaweed package	1 package = 1 fat
Free	

TJ Champagne Pear Vinaigrette/ Parmesan Ranch dressing/Cilantro Reduced fat dressing (produce section/refrigerated)	2 Tbsp = ½ fat
TJ Fat Free Balsamic Vinaigrette	2 Tbsp = FREE
Jicama	1/2 cup = FREE
Bone Broth	FREE
Just the leaves (romaine lettuce leaves – great for wraps)	FREE
Shredded green cabbage	FREE
Shaved Brussel sprouts	FREE
Broccoli Slaw (mixed with peanut dressing)	FREE
Healthy 8 Chopped Veggie Mix	FREE
Asian Vegetable Stir Fry	FREE
Cauliflour Stir Fry	1 Cup = 1/2 Starch
TJ Frozen Tri Color Peppers	FREE
TJ Spicy and Smoky Peach Salsa	4 Tbsp = FREE
TJ 21 Seasoning Salute (spice blend/no salt added)	FREE
TJ Fire Roasted Tomatoes	½ cup = FREE
TJ Savory broth (chicken, beef, vegetarian)*	1 pouch = FREE
TJ Seafood Cocktail Sauce	1 Tbsp = FREE
TJ Unsweetened Almond Milk	½ cup = FREE
Unsweetened Blueberry Pomegranate green tea	FREE
TJ 100% Cranberry Juice (not from concentrate) (mix 6 oz of cranberry juice with 48 oz water) (ADD STEVIA TO SWEETEN)	4 oz = FREE
Riced Cauliflower (in both refrigerator and freezer sections)	FREE
TJ Jicama Sticks	FREE
Mirepoix- celery, carrot, onion mix	FREE
Baby Broccoli	FREE
Cabot Sweetened Light Whipped Cream (refrigerator section)	2 Tbsp = FREE
TJ Pico de Gallo Salsa	½ cup = FREE
TJ Cold Brew Coffee Concentrate	FREE
TJ French Green Beans Haricot Vert (freezer)	FREE
Spices	
Onion Salt*	FREE
Everything But The Bagel Sesame*	FREE
Chile Lime*	FREE
Mushroom and Company Multipurpose Umami*	FREE
Everything but the Elote*	FREE
Vegan Chicken Less*	FREE
21 Seasoning Salute	FREE (and sodium FREE)
Everything Seasoning with Grider*	FREE
BBQ Rub with Coffee and Garlic*	FREE

