

# TRADER JOE'S GROCERY LIST BY @broccyourbody

## FRESH FRUIT

- Berries
- Apples
- Melon
- Bananas
- Grapefruit
- Oranges
- Avocado
- Lemons & Limes
- Mango
- Kiwi
- Pomegrante Seeds

## FRESH VEGETABLES

- Cauliflower Rice
- Broccoli Rice or Slaw
- Asian Vegetable Stir Fry
- Shishito Peppers
- Shaved Brussel Sprouts
- Sugar Snap Peas
- Steamed Beets (Red & Gold)
- Romaine Lettuce
- Spinach/Kale
- Arugula
- Broccoli
- Cucumber
- Squash
- Onions
- Shredded carrots
- Zucchini
- Tomato
- Mushrooms
- Cauliflower
- Micro Greens
- Asparagus
- Sweet Potatoes

(Buy whatever is in season!)

## GRAINS, OATS, & PASTA

- TJ's Tri-Color Quinoa
- TJ's Rolled Oats
- TJ's 10-Minute Farro
- TJ's Sprouted 7 Grain
- TJ's Bread GF Wheat Bread
- TJ's Red Lentil Pasta
- TJ's Brown Rice & Quinoa Fusili

## PROTEIN

- TJ's Fresh Atlantic Salmon
- TJ's Chicken Breast
- Lean Ground Turkey
- TJ's Organic Chicken Sausage
- TJ's Uncured Turkey Bacon
- Eggs

## NUTS, OILS, & SEEDS

- TJ's Extra Virgin Olive Oil (Comes in Spray too)
- Chosen Foods Avocado Oil (Comes in Spray too)
- TJ's Coconut Oil (Comes in Spray too)
- Any TJ's Brand Nut Butter
- Almonds
- Sunflower Seeds
- Pumpkin Seeds
- Pistachios
- Cashews
- Chia Seeds

## CANNED/CARTONS

- TJ's Black Beans
- TJ's Garbanzo Beans
- TJ's Black Refried Beans w/Jalapenos
- TJ's Vegetable or Chicken Stock
- TJ's Coconut Milk/Coconut Cream
- TJ's Salsa Verde
- TJ's Harissa Salsa
- TJ's Red/Yellow Curry Sauce
- TJ's Organic Tomato Basil Marinara

## FROZEN SECTION

- TJ's Mixed Berries
- TJ's Acai Packets
- TJ's Mango
- TJ's Cauliflower Gnocchi
- TJ's Mashed Cauliflower
- TJ's Brown Rice Packets
- TJ's Riced Cauliflower Stir Fry
- TJ's Quinoa packs
- TJ's Frozen Chili Lime Chicken Burgers
- TJ's Frozen Wild Salmon
- TJ's Dark Chocolate Frozen Bananas

## CHILLED SECTION

- TJ's Steamed Lentils
- TJ's Bruschetta
- TJ's Whole Wheat Pizza Dough
- TJ's Chunky Spicy Guacamole
- TJ's Guilt Free Guacamole
- TJ's Mediterranean Hummus
- TJ's Vegan Kale Pesto
- TJ's Green Goddess Salad Dressing
- Kombucha

## OTHER MISC. FAVORITES!

- TJ's Ginger Turmeric Tea
- TJ's Moroccan Mint Green Tea
- TJ's Matcha Green Tea Packs
- RX & Perfect Bars
- TJ's Nutritional Yeast
- TJ's Plantain Chips
- TJ's 21 Seasoning Salute
- TJ's Onion Salt
- TJ's Pumpkin Pie Spice (Seasonal)
- TJ's Everything but the bagel seasoning
- Almond Flour
- Coconut Flour
- TJ's Gluten Free Coconut Granola
- TJ's Organic Cold Brew Coffee
- TJ's Green Dragon Hot Sauce
- TJ's Dark Chocolate Bars
- TJ's Maca Powder/Cacao Powder
- TJ's Coconut Aminos
- TJ's Seasoned Buffalo Ghee