

# TRADER JOES WHOLE30 SHOPPING LIST

## Produce

### Fruits & Veg

#### Salads/Prepared Meals

All fruit & veg except shelled peas  
Green Goddess Dressing  
Grilled White Meat Chicken Strips  
Roasted Vegetables w/  
Garlic & Herbs  
Shakshuka Starter

## Seeds/Misc.

### Seeds

Chia Seeds  
Golden Roasted Flax Seeds  
Raw Shelled Hemp Seeds  
Roasted Cocoa Nibs (SWT)

## Coffee & Tea

### Coffee

All blends (except vanilla flavored)  
Cold Brew (except vanilla flavored)

### Tea

All blends except:  
Chai Latte Mix, Candy Cane Green Tea, Loose Leaf Earl Grey de la Creme, Matcha Green Tea Latte, and Spiced Chai mix

## Chip Aisle

### Quick Bites

Chomps Sticks  
Epic Bars  
Organic Turkey Bites

### Salsa (V)

Chunky Salsa (& Organic Thick and Chunky)  
Double Roasted  
Garlic Chipotle  
Hatch Valley  
Pepita Salsa  
Salsa Autentica  
Salsa Verde  
Organic Tomatilla &  
Roasted Yellow Chili

## Drinks (V)

### Tea (Bottled)

Un.Sw Green Tea  
Un.Sw Golden Oolong  
Tejava Original  
Blueberry & Pom  
Green Tea

### Milks (Veg)

Almond Breeze Un.Sw.  
Original  
Almond Bev.  
Un.Sw Original  
Un.Sw Almond, Cashew  
& Macadamia Nut Bev.

### Water/Misc.

Cocout Water  
Lemon Ginger  
San Pellegrino  
TJ's Seltzer:  
Lemon & Ginger  
Sparkling Coconut  
With Yuzu  
Sparkling Mineral  
Spindrift (all flavors)  
Pure Inner Aloe  
Vera Juice

## Dried Fruit

Apples (New Zealand Un.Sw)

### Apricots

Turkish  
Blenheim Variety Un.Sw

### Bananas (Baby)

### Cherries

Dark Sweet  
Dried Bing

### Coconut

Org. Un.Sw Chips  
Org. Un.Sw Flakes

### Dates (Org. Halawi)

### Figs (Black Mission & Turkish)

### Freeze-Dried Fruits

Banana Slices  
Blueberries  
Fuji Apple  
Honeycrisp Apple  
Mango  
Raspberry  
Strawberry

### Mango

Just Mango Slices  
Un.Su (Mariani)  
Un.Sw/Un.Su (Chokanan)

### Nothing But Fruit and Nuts

Dates, Hazelnut, Cacao  
Fig & Walnut

### Pears (Un.Su Slices)

### Pineapple

Dried Baby Sweet  
Un.Sw/Un.Su Dried Pineapple Rings

### Prunes

Non-Sorbate Pitted Prunes  
Pitted Prunes

### Raisins

Thompson Seedless Raisins  
(Organic and conventional)

## Nut Butters

### Almond Butter

Crunchy Almond  
Creamy Almond  
Raw Almond Butter, Creamy  
Raw Almond Butter, Crunchy

### Cashew Butter

### Mixed Nut Butter

Key:  
V-Vegetarian  
Veg-Vegan



## Nuts

### Almonds

Salad Toppers  
 50% less salt dry roasted  
 Dry roasted & salted  
 Marcona w/rosemary  
 Marcona w/truffle  
 Salted  
 Unsalted dry roasted (sliced and slivers)  
 Raw (whole, sliced, slivered, pieces)

### Cashews

Raw pieces  
 Raw whole  
 Organic dry roasted and salted

### Hazelnuts

Dry roasted & unsalted  
 Raw, Oregon

### Macadamia Nuts

Dry roasted & unsalted  
 Dry roasted & salted

### Miscellaneous

### Mixes

Fancy Raw Mixed nuts  
 Mixed nuts 50% less salt

### Brazil Nuts

Raw

### Pecans

Raw pieces  
 Raw halves  
 Unsalted & Dry Roasted Pieces

### Pignolias (Pine Nuts)

Dry Roasted  
 Raw

### Pistachios

Dry Roasted & Salted  
 Dry Roasted & Unsalted  
 50% Less Salt Dry Roasted  
 Raw  
 Raw Nutmeats  
 Dry Roasted & Salted Nutmeats  
 Dry Roasted & Unsalted Nutmeats  
 Salt & Pepper

### Pumpkin Seeds

In-shell  
 Raw  
 Roasted & Salted

### Sunflower Seeds

Raw  
 Roasted & Salted  
 Roasted & Unsalted  
 Roasted & Salted in Shell

### Walnuts

Raw CA Halves & Pieces  
 Raw CA Premium Halves  
 Organic Raw Halves & Pieces  
 Raw CA Baking Pieces

## Frozen Foods

### Fruit

Acai Puree  
 Berry Blend  
 Berry Medeley  
 Blueberries  
 Cherries, sweet  
 Coconut Chunks  
 Mango  
 Peaches  
 Pineapple Tidbits  
 Raspberries  
 Strawberries  
 Tropical Fruit

### Vegetables

Artichoke Hearts  
 Asparagus, grilled  
 Asparagus spears  
 Broc. Florettes  
 Brussels Sprouts  
 Carrot Spirals  
 Cauliflower, grilled  
 Cauliflower, rainbow  
 Cauliflower, riced  
 Garlic, crushed  
 Beets  
 Green Beans, French  
 Green Beans, Org.  
 Leeks  
 Mushroom Medley  
 Onions, pearl  
 Peppers, Melange a' Trois  
 Potatoes, Mashed sweet potatoes  
 Spinach, chopped  
 Zucchini Spirals

### Meat

#### Chicken

BL/SL Breasts  
 BL Frying Tenderloins  
 BL/SL Thighs  
 Organic Wings  
 Chili Lime Burgers

#### Beef

G.Fed Angus ground  
 G.Fed Angus Burgers  
 Ground Buffalo Burgers

#### Seafood & Misc.

Ahi Tuna Steaks  
 All shrimp  
 Salmon & Tilapia  
 Mahi Mahi Filets  
 Sea Scallops  
 Langostino Tails  
 Turkey burgers

## Refrigerated Sauces (Veg)

### Guacamole

Avo. Number  
 Chunky Spicy Autentico

### Salsa

Salsa especial (mild)  
 Salsa especial (med)  
 Extra Hot Habanero  
 Ghost Pepper

### Greek Olive Medley

### Sauerkraut

### Marinara Sauce

### Zhong Sauce

### Vegan Kale Cashew & Basil Pesto

### Horseradish

## Fresh Meat

### Beef

### Chicken

### Lamb

### Pork

### Turkey

### Salmon

### Prepared Cuts

BL Tri Tip Roast  
 G.Fed Sirloin Roast  
 Santa Maria Tri-Tip Roast  
 Traditional Carnitas  
 No Sugar Dry Rubbed Bacon

### Sausage/Hot Dogs

Applegate Beef Hot Dogs  
 Garlic Herb Chicken Sausage  
 Sweet Italian Chicken  
 Pork Belly  
 Spicy Italian Chicken Sausage  
 Org. G.Fed Uncured Beef Hot Dogs

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 Veg-Vegan



Lunch Meat

- Applegate Smoked Turkey Breast
- TJ's Oven-Roasted Turkey Breast
- TJ's Seasoned Roast Beef

Condiments

- Hot Sauce**
  - Jalapeno Pepper
  - Yuzu Hot Sauce
- Deli Style Spicy Brown Mustard
- Minced Garlic
- Tahini

Canned Meat

Chicken (all)

Misc.

- Anchovy Fillets in Olive Oil
- BL/SK Mackerel
- Farm Raised Smoked Trout Fillets
- Kipper Fillets in Water
- Naturally Smoked Oysters

Salmon

- Sockeye Salmon
- Wild Alaskan Pink Salmon

Sardines

- BL/SK in Water
- Lightly Smoked in Olive Oil
- Wild Caught Unsalted in Spring Water
- Wild Caught Unsalted in Olive Oil

Tuna

- Chunklight Skipjack w/ Sea Salt
- Solid Light Yellowfin in Olive Oil
- Solid White Albacore in Olive Oil
- Solid White Albacore in water, low sodium
- Solid White Albacore in Water, Salt Added

Canned/Jarred

Artichokes

- Hearts
- Hearts marinated, grilled
- Artichoke Antipasto

Coconut Milk & Cream

Olives

- Black, pitted
- Colossal w/ Garlic
- Giant Chalkidiki
- Green
- Kalamata Greek
- Marinated Duo
- Pitted, salted Manzanilla
- Spanish Manzailla
- Stuffed Queen Savillano
- Tapanede
- Marinated Duo w/ Lemon & Herbs

Pickles

- Kosher Dill
- Org. Kosher Sandwich
- Giardiniera
- Org. Hot & Spicy
- Org. Kosher Dill Spears

Tomatoes

- Antipasto Cherry
- Diced in juice
- Diced & Fire Roasted
- Paste
- Plum
- Sauce
- Sun-Dried
- Marinara Sauce (green can)
- San Marzano
- Bruschetta

Antipasto Mediterr. Veg

Caperberries in Brine

Fire Roasted Yellow & Red Peppers

Green Chilies

Jackfruit

Tunisian Harissa

Hearts of Palm

Baking

Canned/Jarred

Applesauce

- Unsweetened
- Organic Unsweetened
- Big and Chunky
- All pouches

Misc.

Blanched Almond Flour

Cacao Powder

Just Almond Meal

Maca Powder

Organic Butternut Squash (canned)

Organic Pumpkin (canned)

Unsweetened Cocoa Powder

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Broth

**Beef**

Beef Bone Broth

**Chicken**

Org. Chicken Stock

Org. Chicken Bone Broth

Org. Free Range Chicken Broth

**Vegetable (Veg)**

Hearty Vegetable Stock

Low-Sodium Vegetable Broth

Org. Vegetable Stock

Dairy Case

**Eggs**

**GTS Kombucha**

**Just Beets**

Spices & Seasonings

**Balsamic (Veg)**

Aceto Balsamico di Modena

Balsamic Vinegar of Modena

**Vinegars (Veg)**

Apple Cider Vinegar

Red Wine Vinegar

White Modena

**Oils (Veg)**

Coconut oil

Olive oil (& cooking spray)

Toasted Sesame Oil

**Seasoning Mixes (Veg)**

Everyday Seasoning

Garlic Salt

21 Seasoning Salute

Lemon Pepper

S. African Smoke

Peppercorns With Ginger

Everything But the Bagel Seasoning

**Ghee**

**Nutritional Yeast**

**Ginger Paste**

**Coconut Aminos**

Nutrition Bars

**Emergency Only Food**

**Lara Bars**

Apple Pie

Banana Bread

Carrot Cake

Cashew Cookie

Cherry Pie

Chocolate Coconut Chew

Coconut Cream Pie

Key Lime Pie

Lemon Bar

Pecan Pie

**RX Bars**

ALL but:

Peanut Butter Chocolate

Maple Sea Salt

Peanut Butter

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