

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

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

Key:
 V-Vegetarian
 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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