

TRADER JOES WHOLE30 SHOPPING LIST

Produce

Fruits & Veg

Salads/Prepared Meals

All fruit & veg except shelled peas
 ABC+K Slaw (no dressing)
 Green Goddess Dressing
 Grilled White Meat Chicken Strips
 Roasted Vegetables w/
 Garlic & Herbs

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
 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)

Brazil Nuts

Raw

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

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
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

Key:
V-Vegetarian
Veg-Vegan



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

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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