

# 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  
 Cold Brew

### 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

### Guacamole

### 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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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 Manzanilla  
 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

Pumpkin Pie Spice

**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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