

## Trader Joe's Shopping List

**\*\*please note sodium content varies and may be higher in packaged and processed foods**

<b>Protein</b>	
TJ Roasted Chicken Sausage (all)	1 link = 1 protein
TJ Pulled Chicken in Hickory BBQ Sauce	1/3 package = 1 protein + 1 fruit
All Natural Chicken Breakfast Sausage	2 links = 1 protein
TJ Salmon Burger and Mahi Mahi burger	1 = 1 protein
TJ Chile Lime Chicken Burger	1 = 1.5 protein
All Natural Chicken Breasts (seasoned)	1 = 2 proteins
TJ Just Chicken (breasts, tenders); all flavors	3 oz = 1 protein
TJ Uncured Turkey Bacon 94% Fat Free	3 slices = 1 protein
TJ Maple Chicken Breakfast Sausage	2 links = 1 protein
TJ turkey/bison/beef jerky	½ bag = 1 protein
TJ Reduced Sodium turkey breast deli	4 slices = 1 protein
TJ turkey burger	1 patty = 2 proteins
TJ Jarlsberg Lite cheese	2 slices = 1 protein
TJ Light Feta cheese	¼ cup = 1 protein
Laughing Cow Lite (all flavors)	2 wedges = 1 protein
Baby Bell Light (red wrapper)	2 circles = 1 protein
TJ mini brie bites	1 brie bite = 1 protein
TJ soft goat cheese medallions (individual)	1 = 1 protein
TJ Lite Whipped Cream Cheese	2 Tbsp = 1 protein
TJ Organic Greek Style 0% yogurt (honey, plain, vanilla)	1 container = 1 protein + ½ fruit
Fage 0% Plain Greek Yogurt	5 oz = 1 protein
Jumbo cooked shrimp (freezer section)	16 = 2 protein
Argentinian Red Shrimp	10 = 1 protein
TJ Frozen fish (cod, mahi mahi)	3 oz = 1 protein
Fresh Atlantic Salmon Fillet	4 oz = 1.5 protein
Frozen Branzino Fillet (European Sea Bass)	1 Filet = 1 Protein
TJ Frozen Dover Sole	6 oz = 2 proteins
TJ Rainbow Trout fillet	1 = 1 protein
Hardwood Smoked Ahi Tuna	1 Filet = 1 Protein
Organic Peanut Powder With Sea Salt	3 Tbsp = 1 Fat
TJ Fresh Hard-cooked Peeled eggs	1 egg = 1 protein
<b>Vegetarian Protein</b>	
TJ Frozen Grilled Eggplant Parmesan	1 = 1 starch + 1 protein + 1 fat
TJ Reduced Guilt Spinach and Cheese Stuffed Shells	1 dinner = 2 starch + 1 protein
TJ Reduced Guilt Mac and Cheese	1 dinner = 2 starch + 1 protein
Morningstar Tomato Basil Pizza Burger	1 = 1 protein

Dr. Praeger's California or Tex Mex Burger	1= 1/2 protein + 1/2 starch
TJ Organic Baked Tofu (savory and teriyaki – in refrigerator)	4 oz = 1 ½ protein
TJ Italian Sausage-less sausage	1 link = 1 ½ protein
Lightlife Smart Tenders	3 = 1 protein + 1/2 starch
Lightlife Meatless Smart Dogs Veggie Hot Dogs	1 link = 1 protein
<b>Starch</b>	
TJ whole wheat slims	1 = 1 starch
TJ medium whole wheat pita	1 = 1 starch
TJ Carb Savvy Tortilla	2 tortillas = 1 starch
Gluten free bread	1 slice = 1 starch
TJ Latin Style Black Bean Soup	3/4 cup = ½ starch
Multiseed Crackers with Tamari Soy Sauce	32 = 1 Starch
TJ Low Sodium Butternut Squash Soup	3/4 cup = ½ starch
TJ Tomato and Roasted Red Pepper soup	1 cup = 1 starch
TJ Chicken and Veg Wonton Soup	1 bowl = 1.5 starch + 1/2 protein
TJ Organic Lentil Veg Soup	1 cup = 1 starch
TJ Lundberg rice cakes	2 = 1 starch
TJ Steel Cut Oatmeal (freezer section)	1 pouch = 1 starch + ½ fruit
TJ High Fiber cereal	3/4 cup= 1 starch
TJ low fat French toast	1 slice = 1 starch
TJ Savory thin mini crackers	30 crackers = 1 starch
TJ frozen Organic Brown Rice/Wild Rice/Jasmine Rice /Quinoa	½ cup = 1 starch
Steamed lentils (refrigerator section)	½ cup= 1 starch
Cut Butternut Squash	2 cups = 1 starch
Chocolate Hummus	4 Tbsp = 1/2 starch + 1/2 fat
Hummus (all flavors)	3 Tbsp = ½ starch + ½ fat
TJ Lite Kettle Corn Snack Bag	1 bag = 1 starch
<b>Fruit</b>	
TJ Reduced Sugar Organic Preserves (Strawberry, Raspberry, Blueberry)	2 Tbsp = 1 fruit
TJ Fruit Frenzy Bar	1 = 1 fruit
TJ Cold Brew Latte dessert bars	1 bar = 1/2 fruit
TJ Mini Hold the Cone Ice Cream Cone	1 cone = 1 fruit
Trader Giotto's Rustico Pomodoro sauce	1/2 cup = 1/2 fruit
TJ 100 calorie dark chocolate sticks	1 = 1 fruit
TJ Miss Meringue large cookies (vanilla)	4 = 1 fruit
TJ Angel Food Cake	¼ cake (2oz)= 1 fruit
Kombucha Gingerade drink	1 bottle = 1 fruit
Synergy Organic Kombucha drink	1 bottle = 1 fruit
TJ Ultra Filtered Low Fat Chocolate Milk	1 cup = 1/2 fruit + 1 protein
<b>Fat</b>	
Tzatziki dip	2 Tbsp = FREE
Dairy Pure Half and Half	2 Tbsp = 1 fat
TJ Avocado's Number Guac to Go	1 mini = 1 fat

Teeny Tiny Avocado	1 avocado = 1 fat
Free	

TJ Champagne Pear Vinaigrette/ Parmesan Ranch dressing/Cilantro Reduced fat dressing (produce section/refrigerated)	2 Tbsp = ½ fat
TJ Fat Free Balsamic Vinaigrette	2 Tbsp = FREE
Jicama	1/2 cup = FREE
Bone Broth	FREE
Just the leaves (romaine lettuce leaves – great for wraps)	FREE
Shredded green cabbage	FREE
Shaved Brussel sprouts	FREE
Broccoli Slaw	FREE
Healthy 8 Chopped Veggie Mix	FREE
Asian Vegetable Stir Fry	FREE
Cauliflower Stir Fry	1 Cup = 1/2 Starch
TJ Frozen Tri Color Peppers	FREE
TJ Spicy and Smoky Peach Salsa	4 Tbsp = FREE
TJ Fire Roasted Tomatoes	½ cup = FREE
TJ Savory broth (chicken, beef, vegetarian)	1 pouch = FREE
TJ Miso Ginger broth	1 cup = FREE
TJ Seafood Cocktail Sauce	1 Tbsp = FREE
TJ Unsweetened Almond Milk	½ cup = FREE
Unsweetened Blueberry Pomegranate green tea	FREE
TJ Herbal Tea (all flavors)	FREE
TJ 100% Cranberry Juice (not from concentrate) (mix 6 oz of cranberry juice with 48 oz water) (ADD STEVIA TO SWEETEN)	4 oz = FREE
Riced Cauliflower (in both refrigerator and freezer sections)	FREE
TJ Jicama Sticks	FREE
TJ Jicama Wraps	2 = FREE; 4 = 1/2 Starch
Mirepoix- celery, carrot, onion mix	FREE
Baby Broccoli	FREE
Cabot Sweetened Light Whipped Cream (refrigerator section)	2 Tbsp = FREE
TJ Pico de Gallo Salsa	½ cup = FREE
TJ Cold Brew Coffee Concentrate	FREE
TJ Canned Hearts of Palm	1/2 can = FREE
TJ French Green Beans Haricot Vert (freezer)	FREE
<b>Spices</b> *most have high sodium content	
Onion Salt	FREE
Everything But The Bagel Sesame	FREE
Chile Lime	FREE
Mushroom and Company Multipurpose Umami	FREE
Everything but the Elote	FREE
Vegan Chicken Less	FREE
21 Seasoning Salute	FREE (and sodium FREE)

Everything Seasoning with Grinder	FREE
Ajika Georgian Seasoning Blend	FREE
Citrusy Garlic Seasoning Blend	FREE
Za'atar Seasoning Blend	FREE
BBQ Rub with Coffee and Garlic	FREE

