

TRADER JOE'S

Must-Haves Grocery List

PRODUCE

- Fresh Riced Cauliflower*
- Organic Grapes*
- Butternut Squash Zig-Zags*
- Baby Spinach*
- Teeny Tiny Avocados*
- Cauliflower*
- Shredded Cabbage*

FROZEN

- Butternut Squash Pizza Crust
- Cauliflower Gnocchi
- Asparagus Spears*
- Microwaveable Brown Rice
- Zucchini Spirals*
- Sweet Potato Fries
- Organic Rainbow Cauliflower*
- Mandarin Orange Chicken
- Chili Lime Chicken Burgers*
- French Macarons
- Riced Cauliflower*
- Mixed Bell Peppers*

REFRIGERATED

- Hummus
- Smoked Gouda Slices
- Smoked Apple Chicken Sausage*
- Cheese Tortellini
- Vegan Pesto
- Vegan Mozzarella Shreds
- Lean Ground Turkey*
- Firm Tofu
- Almond Milk

PANTRY

- Sweet Chili Sauce
- Apple Cider Vinegar*
- Sunflower Seed Butter
- Coconut Aminos*
- Pineapple Salsa
- Plantain Chips*
- Sun-Dried Tomatoes*
- Rx Bars*
- Freeze-Dried Apples*
- Maple Syrup
- Chili Lime Seasoning
- Everything But the Bagel Seasoning
- Organic Coconut Oil*
- Corn and Chile Salsa
- Coconut Flour*
- Almond Flour*
- Ghee*
- Coconut Milk*

* denotes a Paleo-friendly item