

TRADER JOE'S "unofficial" Grocery Shopping List for those using the Trim Healthy Mama book

Dairy

- cheese
- shelf-stable whipping cream
- omega-3 eggs
- egg whites
- 0% fat plain Greek yogurt
- almond milk
- Kerrygold grassfed butter
- _____
- _____

Meat

- nitrate-free chicken hot dogs
- nitrate-free Turkey hot dogs
- bacon bits and ends
- classic sliced dry rubbed all natural uncured bacon
- apple smoked uncured bacon
- ground turkey
- yellow-fin tuna
- grassfed ground beef
- organic chicken
- _____
- _____

Grains / Nuts / Seeds / Rice

- raw and reduced-salt almonds
- slivered almonds
- walnuts
- raw sunflower seeds
- raw pepitas (pumpkin seeds)
- pistachios
- nut butters
- chia seeds
- flax seeds
- flax meal
- quinoa
- _____
- _____

Frozen Foods

- organic brown rice portion packs
- berries
- French cut green beans
- sliced peppers
- chopped spinach

Produce

- broccoli slaw
- berries
- chopped kale (*can freeze for later use, but not for kale chips*)
- pre-shredded cabbage
- _____
- _____

Canned / Jarred

- organic spaghetti sauce
- organic unsweetened applesauce
- canned beans
- organic free-range chicken broth
- fire-roasted diced green chilis
- tomatoes (*in BPA-free cans*)
- spaghetti sauce (*sugar-free*)
- fire-roasted red & yellow peppers
- sun-dried tomatoes
- organic tomatillo roasted yellow chilies
- chunky salsa
- Salsa Autentica
- Salsa verde
- Hot chipotle salsa
- organic Tomatillo Roasted Yellow Chili Salsa
- tuna fish
- salmon
- coconut milk
- coconut cream
- _____
- _____

Beverages

- oolong tea
- coffee (organic)
- wine
- _____

Condiments

- Dijon mustard with white wine
- hummus
- _____
- _____
- _____
- _____

Seasonings

- sea salt (*look for pink salt/Himalayan*)
- _____
- _____
- _____

Baking

- unsweetened cocoa powder
- almond meal
- shredded unsweetened coconut
- coconut oil
- coconut oil spray
- stevia (*check ingredients to only buy the pure extract*)
- old-fashioned oats
- steel cut oats
- vanilla extract
- aluminum-free baking powder
- baking soda
- 85% - 90% dark chocolate bars
- _____
- _____

Breads

- sprouted wheat bread
- sprouted rye bread
- _____
- _____

Other

- automatic dishwashing detergent
- wine
- blue corn chips (baked versions)
- freeze-dried fruit
- _____
- _____
- _____
- _____
- _____
- _____

Note: This grocery shopping list has not been officially approved of by the authors of Trim Healthy Mama. I developed this after using Trim Healthy Mama for over one year with my family.

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