

TRADER JOE'S

Grocery Shopping List for low-carbers

Ingredient lists change regularly, so check each item to make sure the ingredient list doesn't contain the following:

- corn syrup
- corn sugar
- molasses
- honey
- dextrose
- maltodextrin
- dextrose
- sucrose
- sucralose
- fructose
- corn products
- corn starch
- canola oil
- soy products

Dairy

- almond milk (unsweetened 30-calorie)
- cheese
- egg whites
- eggs (omega-3)
- 0% fat plain Greek yogurt
- Kerrygold grassfed butter
- shelf-stable whipping cream

Meat

- ground turkey
- grassfed ground beef
- organic chicken
- smoked apple chardonnay chicken sausage
- spinach fontina & garlic sausage
- spicy Italian chicken sausage

Frozen Foods

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

Other

- blue corn chips (baked versions)
- freeze-dried fruit
- coconut water
- _____
- _____
- _____

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
- cashew meal
- almond meal

Canned / Jarred

- roasted garlic spaghetti sauce (*most of their spaghetti sauces are not on plan, so make sure it is this one*)
- canned marinara sauce (*not jarred*)
- Pesto alla Genovese (Basil Pesto)
- Puttanesca sauce
- Vodka sauce
- organic unsweetened applesauce
- canned beans
- organic vegetable broth (*reg. & low-sodium; other broths contain sugar and are not on plan*)
- fire-roasted diced green chilis
- tomatoes (*in BPA-free cans*)
- fire-roasted red & yellow peppers (*avoid fire-roasted red peppers*)
- sun-dried tomatoes
- tomatillo roasted yellow chilies
- red pepper & artichoke tapenade
- Kalamata olives
- crushed garlic
- Hearts of Palm
- yellow-fin tuna
- skipjack tuna
- solid white tuna
- Alaskan pink salmon
- sockeye salmon
- sardines (*reg. and smoked*)
- smoked oysters
- clams
- crab meat
- coconut milk
- coconut cream
- clarified butter (ghee)

Produce

- apples
- avocados
- bananas
- cabbage (whole and pre-shredded)
- celery
- cucumbers
- kale (whole and chopped/bagged)
- lemons
- lettuce
- sweet potatoes
- tomatoes
- zucchini

Condiments/Seasonings

- Dijon mustard
- Deli-style spicy brown mustard
- Sea salt (pink Himalayan)

Baking

- unsweetened cocoa powder
- almond meal
- shredded unsweetened coconut
- coconut oil (containers & spray)
- stevia (*check ingredients to only buy the pure extract*)
- old-fashioned oats
- steel cut oats
- vanilla extract (*contains small amount of sugar, so may want to avoid*)
- aluminum-free baking powder
- baking soda
- freeze-dried unsw. Cranberries

Beverages

- oolong tea
- coffee

Breads

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