



WHOLE30 TRADER JOES SHOPPING LIST

FROZEN:

- ▣ Frozen Cauliflower Rice
- ▣ Fire Roasted Bell Peppers & Onions
- ▣ Turkey Burgers
- ▣ Chili Lime Chicken Burgers
- ▣ Grass fed Angus Beef Burgers

REFRIGERATED MEAT:

- ▣ Garlic Herb Chicken Sausage
- ▣ Spicy Italian Chicken Sausage
- ▣ Applegate Organic Beef Hot Dogs
- ▣ Any Organic meat you like!

PRODUCE:

- ▣ Riced Cauliflower & Broccoli
- ▣ Organic Broccoli Slaw
- ▣ Cruciferous Crunch Collection
- ▣ Butternut Squash Zig Zags
- ▣ All other produce you love!

MISC. REFRIGERATOR ITEMS:

- ▣ Avocado's Number Guacamole
- ▣ Sauerkraut
- ▣ Roasted Sweet Potato Wedges

PANTRY:

- ▣ Roasted Garlic Spaghetti Sauce
- ▣ Organic Tahini
- ▣ Kosher Dill Pickles
- ▣ Organic Coconut Flour
- ▣ Organic Almond Flour
- ▣ Organic Coconut Milk
- ▣ Clarified Butter (Ghee)
- ▣ Nuts (check labels for added oils)
- ▣ RX Bars
- ▣ Go Chomps sticks
- ▣ EPIC Bar - Chicken Serracha
- ▣ Spindrift Sparkling Water