

Trader Joe's Whole30 Grocery List

	PRODUCE	PRODUCE	PROTEIN	FROZEN	DRINKS	
	Apples	Cruciferous Crunch	Ground Beef	Ahi Tuna Steaks	Coffee	
	Artichokes	Cucumber	Beef Hot Dogs	Beef Burgers	Cold Brew Coffee	
	Arugula	Dates	Beef Sirloin Roast	Beet Chunks	Coconut Water	
	Asparagus	Lemons	Beef Steak	Buffalo Burgers	GTS Kombucha*	
	Avocado	Kale	Chicken	Brussels sprouts	Almond Milk*	
	Bell Peppers	Mushrooms	Chicken Sausage*	Grilled Cauliflower	King Coconut Water	
	Berries	Onion	Eggs	Carrot Spirals or Zucchini Spirals	Sparkling Coconut Water	
	Broccoli	Potatoes	Pork Loin	Rainbow Cauliflower	Lemon Ginger Herbal Water	
	Broccoli slaw	Riced Vegetable Medley	Pork Loin Chops	Chili Lime Chicken Burgers	Lemongrass Spearmint Water	
	Brussels sprouts	Romaine	Prosciutto	Riced Cauliflower	Herbal Tea	
	Butternut Squash	Spinach	Salmon filet	Crushed Garlic	Black/Green Tea	
	Butternut Zig Zags	Sweet Potato Ribbons	Smoked Salmon	Crushed Ginger	Unsweetened Matcha Green Tea	
	Cauliflower	Sweet Potatoes	Sockeye Salmon	Sirloin Steak	Spindrift Water	
	Riced Cauliflower	Tomatoes	Salmon Trio	Sockeye Salmon		
	Carrots	Zucchini	Ground Turkey	Swordfish Steak		
	Celery	Zucchini Spirals	Deli Turkey	Turkey Burgers		

*Check labels for no sugar



Wholesome Ingredients. Delicious Food

	DIPS/SAUCES		PANTRY STAPLES		PANTRY STAPLES		SNACKS	
	Avocado's Number Guacamole		San Marzano Tomatoes		Avocado oil		Cornichons	
	Chunky Spicy Guac		Marinara (can)		Olive Oil		Almonds	
	Kale, Cashew, & Basil Pesto		Diced Fired Roasted Tomatoes		Coconut Oil		Thompson Seedless Raisins	
	Jalapeno Lime Almond Dip		Canned Seafood		Olive Oil Spray		Cashews	
	Raw Sauerkraut		Almond Butter		Chicken Broth/Stock		Pecans	
	Prepared Horseradish		Cashew Butter		Vegetable Broth		Mixed Nuts	
	Pico De Gallo Mild or Hot		Mixed Nut Butter		Almond Flour		Walnuts	
	Salsa Authentica		Apple Cider Vinegar		Buffalo Seasoning Ghee		RX Bars*	
	Pepita Salsa		Red Wine Vinegar		Ghee		Larabars*	
	Salsa Verde		Nutritional Yeast		Tomato Paste		Chomps Bars	
	Hatch Valley Salsa		Jalapeno Pepper Hot Sauce		Antipasto cherry tomatoes		Epic Bars*	
	Spicy Brown Mustard		Herbs de Provence		Minced garlic		Organic Turkey Bites	
	Harissa		Everything But the Bagel Seasoning		Antipasto Mediterranean Vegetables			
	Green Goddess Dressing		Capers		Giardiniera			
			Coconut Aminos					

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