



Trader Joes Essentials

Kid Favorites

- fruit (grapes, berries, apples)
- Silver Dollar Pancakes
- Macaroni and Cheese
- Fruit pouches
- Veggie Green Juice
- Golden Round Crackers
- turkey dogs
- Hash browns

Protein (fresh)

- Eggs
- 96% x-lean ground beef
- Deli Sliced Turkey Breast

Protein (frozen)

- Alaskan Cod, pieces & whole filets

Veggies (frozen)

- French green beans
- Frozen Bell Pepper Mix (tri color)



-Riced cauliflower

Misc. Frozen

-Dorots garlic & basil

Veggies, misc. (fresh)

-zucchini

-riced cauliflower

-Butter Leaf Lettuce & mixed greens

-sliced white mushrooms

-shredded green cabbage

artichokes

-Chopped veggie mix

-Mini pearl tomatoes

-Diced white onions

-parsley

-mint

Carbs:

-oatmeal

-brown rice cakes



Fats:

- avocado
- roasted, unsalted almonds
- unsalted natural almond/peanut butter
- olive oil, avocado oil

Condiments/other:

- Trader Joes Salsa
- Trader Joes Dijon Mustard
- Low sodium chicken broth
- black beans

Misc.

- Hand Towels
- Lotion, body scrubs

These are just a few of my absolute essentials...

Happy Shopping!