



# TRADER JOE'S Grocery Guide

**90 DAY  
CHALLENGE  
SHOPPING GUIDE**

## *Produce & Refrigerated:*

### **Proteins:**

- |  |  |                                     |
|--|--|-------------------------------------|
| <input type="checkbox"/> Grass Fed Beef Sirloin Roast            | <input type="checkbox"/> Spicy Italian Sausage | <input type="checkbox"/> Eggs       |
| <input type="checkbox"/> Fully Cooked Pork Belly                 | <input type="checkbox"/>                       | <input type="checkbox"/> Deli Meats |
| <input type="checkbox"/> Applegate Organic Uncured Beef Hot Dogs | <input type="checkbox"/>                       | <input type="checkbox"/>            |
| <input type="checkbox"/>   | <input type="checkbox"/> All Fresh Vegetables  | <input type="checkbox"/>            |
|  | <input type="checkbox"/> All Fresh Fruits      | <input type="checkbox"/>            |

### **Veggies:**

- |   |  |   |                                       |
|---|--|---|---------------------------------------|
| <input type="checkbox"/> Acorn Squash     | <input type="checkbox"/> Cauliflower       | <input type="checkbox"/> Mushrooms (all)  | <input type="checkbox"/> Spinach      |
| <input type="checkbox"/> Artichoke        | <input type="checkbox"/> Celery            | <input type="checkbox"/> Okra             | <input type="checkbox"/> Sprouts      |
| <input type="checkbox"/> Arugula          | <input type="checkbox"/> Collard Greens    | <input type="checkbox"/> Onion            | <input type="checkbox"/> Squash (all) |
| <input type="checkbox"/> Asparagus        | <input type="checkbox"/> Cucumber          | <input type="checkbox"/> Parsnips         | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Beets            | <input type="checkbox"/> Eggplant          | <input type="checkbox"/> Potatoes (all)   | <input type="checkbox"/> Swiss Chard  |
| <input type="checkbox"/> Bell Peppers     | <input type="checkbox"/> Endive            | <input type="checkbox"/> Pumpkin          | <input type="checkbox"/> Tomato       |
| <input type="checkbox"/> Bok Choy         | <input type="checkbox"/> Fennel            | <input type="checkbox"/> Radish           | <input type="checkbox"/> Turnips      |
| <input type="checkbox"/> Broccoli         | <input type="checkbox"/> Garlic            | <input type="checkbox"/> Rutabaga         | <input type="checkbox"/> Yam          |
| <input type="checkbox"/> Broccoli Rabe    | <input type="checkbox"/> Green Beans       | <input type="checkbox"/> Rhubarb          | <input type="checkbox"/> Zucchini     |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Greens (all)      | <input type="checkbox"/> Shallots         | <input type="checkbox"/>              |
| <input type="checkbox"/> Buttercup Squash | <input type="checkbox"/> Hot Peppers (all) | <input type="checkbox"/> Snow Peas        | <input type="checkbox"/>              |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Kale              | <input type="checkbox"/> Sugar Snap Peas  | <input type="checkbox"/>              |
| <input type="checkbox"/> Cabbage          | <input type="checkbox"/> Leeks             | <input type="checkbox"/> Spaghetti Squash | <input type="checkbox"/>              |
| <input type="checkbox"/> Carrots          | <input type="checkbox"/> Lettuce (all)     | <input type="checkbox"/> Spaghetti Squash | <input type="checkbox"/>              |

### **FRUITS:**

- |                                       |                                     |                                     |                                       |
|---------------------------------------|-------------------------------------|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples (all) | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Pomegranate  |
| <input type="checkbox"/> Apricots     | <input type="checkbox"/> Grapes     | <input type="checkbox"/> Oranges    | <input type="checkbox"/> Raspberries  |
| <input type="checkbox"/> Bananas      | <input type="checkbox"/> Jicama     | <input type="checkbox"/> Papaya     | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kiwi       | <input type="checkbox"/> Peaches    | <input type="checkbox"/> Tangerines   |
| <input type="checkbox"/> Blueberries  | <input type="checkbox"/> Lemon      | <input type="checkbox"/> Pears      | <input type="checkbox"/> Watermelon   |
| <input type="checkbox"/> Cherries     | <input type="checkbox"/> Lime       | <input type="checkbox"/> Pineapple  | <input type="checkbox"/>              |
| <input type="checkbox"/> Dates        | <input type="checkbox"/> Mango      | <input type="checkbox"/> Plantains  | <input type="checkbox"/>              |
| <input type="checkbox"/> Figs         | <input type="checkbox"/> Melon      | <input type="checkbox"/> Plum       | <input type="checkbox"/>              |



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## Fats

### FATS TO COOK WITH

- Ghee
- Coconut Oil
- Coconut Oil Packets
- Extra Virgin Olive Oil (EVOO)
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### DRESSINGS/EATING FATS

- Avocado
- Avocado Oil
- Coconut Crème
- Coconut Milk
- Olive Oil (light)
- Olives:
  - Great Chalkidiki
  - Greek Kalamata
  - All Olives

### NUTS & SEEDS

- Almonds, raw
- Almond Butter
- Brazil Nuts
- Cashew Nuts
- Hazelnuts/Filberts
- Macadamia Nuts
- Pecan pieces
- Pistachio Nuts
- Walnut pieces
- Flax Seed
- Pine Nuts
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Tahini
- 
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## Spices & Condiments:

- |  |   |   |  |
|--|---|---|--|
| <input type="checkbox"/> TJ's Chili Lime Seasoning Blend     | <input type="checkbox"/> Coconut Aminos           | <input type="checkbox"/> TJ's Chunky Salsa        | <input type="checkbox"/> Rosemary        |
| <input type="checkbox"/> TJ's Everything But The Bagel Blend | <input type="checkbox"/> Ginger Paste             | <input type="checkbox"/> TJ's Salsa Verde         | <input type="checkbox"/> Sage            |
| <input type="checkbox"/> TJ's Seasoning Salt                 | <input type="checkbox"/> Ginger, Organic, chopped | <input type="checkbox"/> Hatch Valley Green Salsa | <input type="checkbox"/> Salt            |
| <input type="checkbox"/> Cayenne                             | <input type="checkbox"/> Curry Powder             | <input type="checkbox"/> Artichoke Antipesto      | <input type="checkbox"/> Tarragon        |
| <input type="checkbox"/> Chili Powder                        | <input type="checkbox"/> Dill                     | <input type="checkbox"/> Paprika                  | <input type="checkbox"/> Thyme (ground)  |
| <input type="checkbox"/> Chipotle Powder                     | <input type="checkbox"/> Garlic Powder            | <input type="checkbox"/> Parsley Flakes           | <input type="checkbox"/> Turmeric Powder |
| <input type="checkbox"/> Chives                              | <input type="checkbox"/> Ginger (fresh/dried)     | <input type="checkbox"/> Pumpkin Pie Spice        | <input type="checkbox"/> Wasabi Powder   |
| <input type="checkbox"/> Cilantro                            | <input type="checkbox"/> Cloves (ground)          | <input type="checkbox"/> Red Pepper Flakes        | <input type="checkbox"/>                 |
|  |   |   | <input type="checkbox"/>                 |
|  |   |   | <input type="checkbox"/>                 |

