



My Trader Joe's Staples

a shopping list

produce

- pre-seasoned brussel sprouts (amazing for the brussel sprout hater)
- organic avocados (they're the BEST for the price)
- grapes (they come perfectly portioned into 1lb containers)
- chopped kale
- fresh herbs: rosemary and thyme
- peppers (usually green)
- organic apples
- stir fry veggie mix (for a quick side dish)
- organic broccoli
- organic carrots
- organic celery
- fresh basil
- bananas
- organic strawberries
- lemons

meats

- sweet apple chicken sausage
- sweet italian pork sausage (I buy at least once a week)
- sun-dried tomato chicken sausage
- applegate organic hotdogs
- spanish brand deli selection (salchichon, chorizo, prosciutto)

bridge/dairy

- organic yogurt by the tub
- cabot sweetened light whipped cream (tastes homemade)
- half n' half
- almond milk (for smoothies)
- mozerella cheese sticks
- jumbo cinnamon rolls
- fresh parmesan (with the rind)
- ball of fresh mozerella
- marinara sauce

dry/baking

- cookie butter
- almond butter
- organic sugar
- pappardelle noodles (2 packs at a time)
- bowtie noodles
- 2 cartons organic chicken stock
- basmati rice
- can of organic black beans
- coconut flakes
- granola
- trail mix (with individual packets)
- dried apricots

frozen

- frozen organic pizza crust (2 pack)
- cauliflower rice
- bag of frozen chicken breast
- acai packets
- frozen pineapple tidbits
- frozen berry medley
- frozen mango chunks
- orange chicken
- chocolate filled croissant (the best for a splurge breakfast)

seasonings

- everything but the bagel
- 21 seasoning salute
- chile lime seasoning
- coconut oil spray