

TRADER JOE'S PALEO SHOPPING GUIDE



EAT HEALTHY WITHOUT BREAKING THE BANK!

- Organic Produce
- Kerrygold Butter
- TJ's Bacon Ends - Contains a little added sugar!
- TJ's Prosciutto
- TJ's Fully Cooked Pork Belly
- TJ's Simply Roasted Chicken
- Hemp Seeds
- TJ's Organic Raw Honey / Maple Syrup / Coconut Sugar
- TJ's Organic Coconut Flour
- Almond Meal
- Nuts
- Organic Coconut Oil / Olive Oil / Palm Oil
- TJ's Wild Caught Sardines / Clams / Crab
- TJ's Sparkling Water
- Frozen Wild Blueberries and other Organic Fruit
- Trader Joe's Wild Caught Frozen Seafood - all sorts of options!
- Frozen Grass-Fed Beef
- Freeze Dried Blueberries
- Assorted TJ's Teas and Coffee
- TJ's Coconut Cream
- Ghee - note it is not organic!
- Guacamole / Salsa
- Frozen Grilled Cauliflower and Cauliflower Rice