

TRADER JOE'S Paleo Shopping list

The paleo diet is designed to resemble what human hunter-gatherer ancestors ate thousands of years ago.

YES - Meat, fish, eggs, vegetables, fruits, nuts, seeds, herbs, spices, healthy fats and oils

NO - Processed foods, sugar, soft drinks, grains, most dairy products, legumes, artificial sweeteners, vegetable oils, margarine and trans fats

Give me all the VEGGIES

(OBVIOUSLY ANY VEGGIE YOU GRAB OR FRUIT IS PALEO)

- SPIRALED ZUCCHINI "NOODLES"
- SPAGHETTI SQUASH
- MINI PEPPERS
- ORGANIC CARROTS
- SHREDDED CARROTS
- ORGANIC BROCCOLI
- RICED CAULIFLOWER
- STIR-FRY READY ASPARAGUS,
MUSHROOMS AND ONIONS
- GREEN GODDESS DRESSING
- _____
- _____



Paleo friendly SNACKS

- ORGANIC DEHYDRATED CARROTS
- PUMPKIN SEEDS
- PLANTAIN CHIPS
- PERFECT BAR DARK CHOCOLATE
- DARK CHOCOLATE HONEY MINTS
*PALEO FRIENDLY
- _____
- _____

DRINKS

- SIMPLY ALMOND BEVERAGE
- SPARKLING WATER
- COLLAGEN
- KOMBUCHA
- _____
- _____



Sugar free NUT BUTTERS Sauces + SEASONINGS

- ALMOND BUTTER
- SUNFLOWER SEED SPREAD
- COCONUT AMINOS
- COCONUT SUGAR
- EVERYTHING BUT THE BAGEL SEASONING
- SALSA
- ORGANIC TOMATO BASIL MARINARA
- ORGANIC CREAMY CASHEW FIESTA DIP
- GARLIC SPREAD
- KERRYGOLD GRASS-FED BUTTER
- ALMOND MEAL
- _____
- _____



meats + EGGS

MOST ALL MEATS ARE PALEO, BUT SOME MIGHT SNEAK IN SUGAR OR HAVE FILLERS, I ALWAYS BUY ORGANIC WHEN POSSIBLE

- PASTURE RAISED EGGS
- NO SUGAR BACON
- ORGANIC GROUND TURKEY
- ORGANIC SWEET ITALIAN CHICKEN SAUSAGE
- ORGANIC CHICKEN WING SECTIONS
- SIMPLY ROAST CHICKEN BREAST
- ORGANIC TURKEY BREAST
- ROASTED GARLIC CHICKEN SAUSAGE
- _____
- _____



nesting with grace