

Updated Trader Joe's Products and Ideas

SHOPPING LIST

Dairy Section:

TJ's Fat Free Half and Half 50 cal per 2 tablespoons

Coconut Milk

Almond Breeze's Unsweetened Almond Milk 40 calories/cup

Fage 0% Greek Yogurt- Plain 120 calories per cup.

Trader Joe's 0% Greek version

Pasturized Egg Whites: (Near the egg beaters)

Bread Section:

Zen Muffins 250 cal

Fiber Cakes 80 calories and 15 grams of fiber

Mini Pita Pockets - 60 cal

Sonora low carb tortillas only 60 calories

Ezekial bread

Look Pa Bread: whole grain, no flour, 90 calories

Produce Area:

bags of lettuces / baby spinach / arugula/power greens

bags of kale/cruciferous green mix

pre-chopped stir-fries and vegetable mixes

sugar snap peas

baby carrots,

celery

bags of broccoli and cauliflower florets

bag of Southern Greens

Broccoli Slaw

apples

The Deli Case:

Eggplant Hummus - 35 cal a tablespoon

Hummus Quartet: 4 different flavors averaging 45 cal per 2 tablespoons

Salsa Especial Premium—2T=5 calories!

Pico De Gallo - 2 T =5 cal

Tomato Bruschetta

Reduced Guilt guacamole - 30 calories for 30 grams.

Egg White Salad with Chives - whole container is 100 calories!

Just Chicken, Just Salmon, Just Beef and now Just Roasted Chicken

Breast: calories vary

Hard Boiled and Peeled Eggs in the bag

TJs fresh Soups:

Hearty Minestrone 110 cal per cup

Lentil 230 per cup

TJ's Salads:

California Spa-Nicoise

Low Fat Southwestern

Low Fat Greek

Citrus Chicken

Low Fat Chinese Chicken

Low Fat Shrimp Louis

Cheese:

Chevre Lite -35 calories /oz.

Fat Free Feta 35 cal per ounce

Laughing Cow Plain, Herbed, or Bleu Cheese Flavors—35 cal/wedge

Baby Bel rounds

Light String Cheese - 60 cal. per stick.

Deli Meats:

Hebrew National Franks 97% Fat Free—45 calories.

Canadian Bacon - 20 calories a slice.

Reduced Sodium Turkey breast slices 60 calories per 2 oz

Beef-less and Chicken-less Strips 9 strips =110 calories.

Roasted Chicken Patties (pre-cooked and awesome tasting) 140 calories

Sweet Apple Chicken Sausage 120 cal's per link

The Freezer Section:

Chicken, Beef, or Black Bean Taquitos. 100 calories per taquito

Thai Frozen Veggie Gyoza: 50 calories each

Pizza Fromaggio: 250 calories each.

Roasted Veggie Pizza: 1/3 of the pizza is 260 calories

Frozen Just Grilled Chicken

Asian Veggie Mixes

Soy Nugget 4 pc =120 calories

Mahi Mahi burgers= 110 calories each

Chicken Cilantro Won Tons 4 pc=50 calories

Cucumber Won Ton Rolls 4 pc=100 calories

Misoyaki Turbot Fillets 2 filets= 210 calories

Fish Vera Cruz

Pork Roast Florentine 1/3 package = 240 calories

Battered Halibut 3 pc = 200 cal's

Steamer Clams (in a box you just microwave)=70 cal's for 14 clams

Wild Turbot Filets 4oz =210 cal's (great flavor)

Seasoned Mahi Mahi 4.5 oz =130 calories (love this one)

The Freezer Section cont.:

Morning Star Farms:

Tomato basil burger=120 calories AND AWESOME

BBQ riblets=230 cals a serving and hits the BBQ spot.

Veggie bacon=the best I've had

Veggie breakfast patties=80 calories each

Dr. Praegers Veggie Burgers=100 calories each

Veggie Masala Burgers

Lime Cilantro Chicken Patties=100 calories.

Chicken Skewers - 120 cals each

Frozen broccoli, green beans, and spinach

Grilled Eggplant and Zucchini Mélange = 70 Calories per 1/4 package

Grilled Cauliflower

Cauliflower "Rice" 25 calories per serving

Frozen Fruit

Dry Goods Aisle:

TJ's Tuscana Marinara sauce, no sugar low cal.

Sesame Oil

Tapenades: pesto, black olive, artichoke, red pepper and green olive.

Indian relish

Masala Simmer Sauce

Red Enchilada Sauce

Red Thai Sauce

Indian and Thai Boxed Pouches: 160 calories or less for 1/2 a pouch

Green Thai Tuna/Indian Eggplant

Canned Organic Pumpkin

Soups:

Roasted Corn and Pepper Soup in a carton=110 cal per cup

Organic Creamy Tomato Soup=110 cal/ cup

Organic Lentil Soup in a can=110 cal per cup

Low Sodium Chicken Stock: little packets=about 20 cal each.

Protein Bars:

Power Crunch salted caramel bar - 200 cal

Kind Bars