



*Your Ultimate  
Guide to*  
**EATING  
HEALTHY FROM  
TRADER JOE'S**

# Table of Contents

*Introduction*

*Favorite Healthy Items*

*Take a Second Look*

*6 Healthy Meal Ideas*

*Shopping List*

[www.mcdanielnutrition.com](http://www.mcdanielnutrition.com)

# *About this Guide*

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## What will this guide cover?

Trader Joe's knocks it out of the park with convenience items but not everything on their shelves should be considered a healthful choice. This guide is a resource for all things healthy from TJ's including must-have items, what to think twice about, and healthy meal ideas utilizing some favorite products!

# favorite healthy items

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There are so many great staple products to try at Trader Joe's - here are a few of our favorites from the **produce** section.  
*Note that availability might vary by market.*

## fresh produce

### Mirepoix

This classic blend of pre-chopped carrots, celery and onions makes weeknight cooking a breeze!

### Riced Cauliflower

Use it in place of rice to increase vegetable intake. It also cooks up quickly in fried "rice."

### Veggie Noodles

Jazz up your traditional pasta bowls with butternut squash or zucchini noodles for a lower carb, gluten-free option.

### Cruciferous Crunch

This popular bagged veggie mix can be used as the base of a salad or warmed in a skillet. Customize with whatever toppings you like!

### Pre-Peeled Garlic

Since garlic is involved in so many favorite dishes, you can save a lot of time buying pre-peeled cloves.

### Butternut Squash Zig Zags

Make classic "french fries" out of more nutritious butternut squash. The zig zag cut is fun and tasty.

# *favorite healthy items*

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## whole grains

*whole grains*

### **Frozen Brown Rice**

Brown rice has a longer cooking time, so having this pre-cooked, whole grain option on hand will quicken time to plate.

### **10-Minute Farro**

This nutty, chewy, quick-cooking whole grain is a favorite for summer salads. Note: farro contains gluten

### **Organic White Quinoa**

Batch cook quinoa at the beginning of the week. It's extremely versatile and nutritious.

### **Whole Grain Pizza Dough**

When you don't have time to make pizza dough from scratch, this whole grain version is the next best thing!

### **Lentil & Brown Rice Pastas**

There are so many out-of-the-box pastas available now. Lentil- or bean-based varieties have a bit more protein and fiber than traditional varieties.

### **Rolled Oats with Ancient Grains & Seeds**

A great option for breakfast time, this product is filled with oats and ancient grains such as amaranth and quinoa to providing a satisfying start to your day.

*Trader Joe's*

# *favorite healthy items*

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*nuts & fruits*

## **nuts & fruits**

### **Sunflower Seed Butter**

Sunflower seed butter is a nice change from classic peanut and also a great allergy-friendly swap!

### **Crunchy Salted Peanut Butter with Flax & Chia**

This peanut butter is anything but basic. The flax and chia seed add-ins add crunchy texture and extra nutrition.

### **Just Mango**

TJ's is known for their extensive dried fruit selection. "Just Mango" is free of added sugar, which can sometimes be a challenge to find otherwise.

### **Freeze-Dried Apples**

Freeze-dried apples are great to have on hand when you run out of fresh apples. Try them on oatmeal!

### **Trail Mixes (full-size & individual)**

For a healthy shelf-stable snack option, look no further than trail mix.

### **Unsweetened Almond/Cashew/Macadamia Nut Milk**

This milk gets great reviews for its taste and creamy texture. It's also free of added sugars!

*Trader Joe's*

# *favorite healthy items*

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## **frozen & packaged**

### **Cauliflower Gnocchi**

This plant-based fan favorite is super versatile and fun to incorporate into weeknight meals with vegetables and protein.

### **Acai Purée Packets**

Love acai bowls? Save some money and make them at home! These packets make it simple and delicious.

### **Frozen Cherry Blend**

Frozen fruit is a great addition to smoothies and this cherry/berry blend is both delicious and antioxidant-rich.

### **Sriracha Shrimp Bowl**

There aren't many frozen meals on our list but this one is packed with vegetables and lean protein.

### **Veggie Fried Rice**

Homemade reigns supreme, but when you're in a pinch this frozen version of fried rice is a great base for your favorite protein and add-ins!

### **Melodious Blend**

This blend of chickpeas, lentils and tomatoes is fantastic vegan side dish that can also be used as a base for grain bowls.

*frozen & packaged*

*Trader Joe's*

# *favorite healthy items*

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*proteins*

## proteins

### Chicken Sausage

Chicken sausage is a convenient protein source that can be mixed with just about anything! TJs has many great flavors.

### Frozen Wild Salmon

Frozen, individually-packed fish is easy to thaw for a weeknight meal, especially when paired with one of the frozen veggie sides mentioned above.

### Pre-Cooked Lentils

In need of quick plant-based protein? The pre-cooked lentils couldn't be easier.

### Extra-Firm Tofu

TJ's extra-firm tofu has less added moisture than some other brands which means it crisps up beautifully.

### Thai Sweet Chili Veggie Burgers

Wrap up a veggie burger in lettuce with your favorite vegetables and condiments for a quick handheld meal!

### Canned Fish (anchovies, sardines, etc.)

Canned fish can be used in everything from salads to pizzas. There's no reason not to always have a can or two stocked in the pantry.

*Trader Joe's*



# favorite healthy items

## seasonings & flavor enhancers

### Everything-But-the-Bagel Seasoning

This versatile seasoning adds flavor to your favorite savory toast and eggs.

### Harissa Paste

This chile paste has serious kick and pairs perfectly with Mediterranean cuisine.

### Italian Bomba Hot Pepper Sauce

This spicy fermented pepper relish is a great addition to any dish that needs a little extra heat.

### Kale, Cashew & Basil Pesto

This vegan pesto works great as a marinade or sandwich spread.

### Balsamic Glaze

Impress dinner guests by finishing a dish with balsamic glaze!

### Nutritional Yeast

We love this vegan powder that lends a deep, umami flavor.

### Salad Dressings: Green Goddess, Almond Butter Turmeric, Carrot Ginger Miso

These pre-made dressings are full of great flavor sans the funky ingredients.

### Masala Simmer Sauce

This jarred sauce makes homemade masala a breeze when you're short on ingredients.

# *Take a Second Look*

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## **Frozen Meals**

Most of these are loaded with sodium and lower in fiber. Be sure to read labels and choose options with whole grains, colorful vegetables and lean protein.

## **Candy & Snacks**

Think peanut butter cups, caramel corn, sugared nuts, etc - these can be fun, but be mindful of added salt and sugar. Consider limiting yourself to one treat per shopping trip.

## **Beverages**

Watch for added sugar in drinks like lemonade/limeade, kombucha, juices, teas and coffee drinks.

## **Breads & Pastries**

Not all are created equal! Aim for whole grains for your everyday items and skip the refined flour pastries, muffins and crackers the majority of the time.

## **Seasonal Processed Foods**

Resist the urge of being lured in by the seasonal impulse buys as most of these products fall into the “treat” category.

1

Veggie Fried Rice + Fried Egg +  
Hot Pepper Sauce

2

Cruciferous Crunch Salad + Dried  
Apples + Shredded Chicken + Almond  
Butter Turmeric Dressing

3

Frozen Cherry Blend + Almond  
Cashew Milk + Salted PB (blended)

4

Cauliflower Gnocchi + Kale Pesto +  
Tomatoes + Chicken Sausage +  
Balsamic Glaze

5

Lentils + Masala Simmer  
Sauce + Frozen Brown Rice

6

Salmon Burger + Butternut Squash Zig  
Zag "fries" + Cruciferous Crunch Salad

# Your Complete Trader Joe's Shopping List

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## Produce

Mirepoix  
Riced Cauliflower  
Veggie Noodles (butternut squash, zucchini, carrot)  
Cruciferous Crunch (salad in a bag)  
Pre-Peeled Garlic Cloves  
Butternut Squash Zig Zags

## Whole Grains

Frozen Brown Rice  
10-Minute Farro  
Sprouted Tri-Color Quinoa  
Whole Grain Pizza Dough  
Lentil & Brown Rice Pastas  
Superseed & Ancient Grain Blend

## Frozen/Packaged Items

Cauliflower Gnocchi  
Acai Purée Packets  
Frozen Cherry Blend  
Sriracha Shrimp Bowl  
Veggie Fried Rice  
Melodious Blend

## Nuts & Dried Fruit

Sunflower Seed Butter  
Crunchy Salted Peanut Butter with Chia & Flax  
Just Mango  
Pineapple  
Freeze-dried Apples  
Watermelon Jerky  
Mixed Nuts/Trail Mixes  
Unsweetened Almond Cashew Macadamia Nut Milk

## Proteins

Chicken Sausage  
Frozen Wild Salmon  
Pre-Cooked Lentils  
Thai Sweet Chili Veggie Burgers  
Canned fish (anchovies, sardines, etc.)

## Seasonings/Flavor Enhancers

Everything-But-The-Bagel Seasoning  
Balsamic Glaze  
Harissa Paste  
Nutritional Yeast  
Italian Bomba Hot Pepper Sauce  
Kale, Cashew & Basil Pesto  
Masala Simmer Sauce

*Salad Dressings:*  
Green Goddess  
Almond Butter Turmeric  
Carrot Ginger Miso