



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

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www.mcdanielnutrition.com

About this Guide

introduction

What will this guide cover?

Trader Joe's

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

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!

Veggie Noodles

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

Pre-Peeled Garlic

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

Riced Cauliflower

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

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!

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

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.

Organic White Quinoa

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

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.

10-Minute Farro

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

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!

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.

favorite healthy items

nuts & fruits

Sunflower Seed Butter

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

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.

Trail Mixes (full-size & individual)

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

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.

Freeze-Dried Apples

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

Unsweetened Almond/Cashew/Macadamia Nut Milk

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

favorite healthy items

frozen & packaged

Cauliflower Gnocchi

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

Frozen Cherry Blend

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

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!

Acai Purée Packets

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

Sriracha Shrimp Bowl

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

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.

favorite healthy items

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.

Thai Sweet Chili Veggie Burgers

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

Extra-Firm Tofu

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

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.

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

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.

Meal Ideas

Trader Joe's

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

Produce

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

Proteins

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

Whole Grains

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

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

Frozen/Packaged Items

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

Salad Dressings:
Green Goddess
Almond Butter Turmeric
Carrot Ginger Miso

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