

HUNGRY GIRL'S OFFICIAL TRADER JOE'S SHOPPING LIST

FROZEN

Frozen Meals & Meal Starters

- Reduced-Guilt Spinach & Cheese Stuffed Shells
- Reduced-Guilt Baked Ziti
- Roasted Vegetable Multi-Grain Lasagna
- Spicy Thai Eggplant with Thai Basil
- Seafood Blend
- Cioppino Seafood Stew
- Mahi Mahi Burgers
- Thai Sweet Chili Veggie Burger
- Carrot & Pea Vegetable Patties
- Turkey Burgers
- Turkey Corn Dogs
- Chicken Shu Mai
- Chicken & Vegetable Wonton Soup
- Steamed Chicken Soup Dumplings
- Kung Pao Tempura Cauliflower
- Riced Cauliflower Bowl
- Cauliflower Gnocchi
- Veggie Pizza Crusts: Cauliflower, Butternut (seasonal), Broccoli & Kale

Frozen Veggies

- Organic Riced Cauliflower
- Carrot Spirals
- Zucchini Spirals

- Organic Delicata Squash Sliced & Roasted (seasonal)
- Artichoke Hearts
- Roasted Corn

Frozen Desserts

- Gone Berry Crazy!
- Gone Bananas!
- Mini Hold the Cone! Ice Cream Cones
- Ice Cream Bon Bons
- Mango & Cream Bars
- Cold Brew Latte Dessert Bars

REFRIGERATED

Produce

- Butternut Squash Zig-Zags
- Jicama Sticks
- Bagged Pre-Cut Spaghetti Squash
- Organic Broccoli Slaw
- Riced Cauliflower
- Riced Veggie Medley
- Healthy 8 Chopped Veggie Mix
- Cruciferous Crunch Collection

Ready-to-Eat Finds

- Southwest Salad
- Classic Greek Salad
- Mexican Style Corn & Quinoa Salad

- Stuffed Peppers with Seasoned Turkey and Rice
- Smoked Salmon Poke Bowl
- Cauliflower Tabbouleh
- Fresh Hard-Cooked Peeled Eggs
- Tomato Feta Soup
- Organic Pea Soup

Dressings & Dips

- Reduced Guilt Chunky Guacamole
- Reduced Guilt Spinach & Kale Greek Yogurt Dip
- Green Goddess Salad Dressing
- Artichoke & Jalapeño Dip
- Tzatziki Creamy Garlic Cucumber Dip

Yogurt & Cheese

- Icelandic Style Nonfat Yogurt
- Greek Style Nonfat Yogurt
- Light Brie Cheese

Meat & Seafood

- Grilled Chicken Strips
- Grilled Chicken Fajitas
- Garlic Herb Chicken Sausage (and other varieties)
- Smoked Salmon Trio (seasonal)
- Pastrami-Style Smoked Atlantic Salmon

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- Italian-Style Turkey Meatloaf
- Extra-Lean Ground Beef (96% lean)

Meat Substitutes

- Teriyaki Flavor Organic Baked Tofu
- Italian Sausage-Less Sausage
- Soy Chorizo

SHELF STABLE

Seasonings

- Everything but the Bagel Sesame Seasoning Blend
- Truffle Salt with Black Truffles (seasonal)
- Mushroom & Company Multipurpose Umami Seasoning Blend
- Onion Salt

Soups

- Savory Broth Chicken Flavor Reduced Sodium Liquid Concentrate
- Low Sodium Organic Tomato Bisque
- Butternut Squash Soup
- Latin Style Black Bean Soup
- Chicken Flavor and Miso Instant Ramen Soups

Condiments

- Pineapple Salsa
- Island Salsa
- Harissa Salsa
- Truffle Honey Mustard (seasonal)

- Soyaki
- Island Soyaki
- Sesame Soy Ginger Dressing

Snacks 'n Sweets

- Spicy Cheese Crunchies
- World's Puffiest White Cheddar Corn Puffs
- Oven Baked Cheese Bites
- Baked Churro Bites
- Organic Brown Rice Marshmallow Treats
- ABC Bars
- Mini 100 Calorie Milk or Dark Chocolate Bars
- Peel Away Fruit Leather Buttons
- Freeze Dried Banana Slices (and other freeze-dried fruit)
- Bamba Peanut Snacks
- Organic Honey Hedgehog Cookies
- Joe-Joe's Slims
- Chocolatey Cats Cookies

And More...

- Mixed Nut Butter
- Peanut Butter with Flax and Chia Seeds
- Just a Handful of Olives
- Unsweetened Almond, Cashew & Macadamia Nut Beverage
- Freeze-Dried Beef Liver Begging Treats for Dogs

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