

Real Food Shopping List



This list is based on my top food picks from Trader Joe's, based on the [Live Simply real food definition](#). This list doesn't represent all the food options available at Trader Joe's. This guide isn't affiliated with Trader Joe's.

BAKING/COOKING STAPLES

Sweeteners:

- Medjool dates
- Organic white sugar
- Coconut sugar
- Raw honey (imported)
- Maple syrup grade A

Flours:

- Almond flour
- Coconut flour
- Whole wheat flour

Oils:

- Olive oil
- Coconut oil

Vinegars:

- Apple cider vinegar (only pasteurized available)
- White distilled vinegar, for cleaning
- Red wine vinegar
- White wine vinegar
- Balsamic vinegar

Spices:

- Various bottles

Grains, Rice, Pasta:

- Quinoa
- Rice
- Pasta: brown rice and organic

Misc.:

- Baking powder
- Baking soda
- Unsweetened coconut flakes
- Coconut cream (canned): Some questionable ingredients. Only coconut milk/cream option.
- Unsweetened applesauce
- Unsweetened cocoa powder
- Rolled oats (gluten free)
- Diced tomatoes
- Tomato paste
- Cooked beans (canned)
- Sea salt
- Chia seeds: I don't purchase this item often but they are an affordable option.
- Hemp hearts: I don't purchase this item often but they are an affordable option.
- Nuts: Read the labels (stick with raw or dry roasted). Avoid the flavored varieties and trail mix (lots of bad ingredients!)
- Breadcrumbs

CONDIMENTS

Misc.:

- Ketchup
- Mustard
- Organic Mayonnaise: (This isn't super clean, but it's the best I can find at Trader Joe's.)

- ❑ Raw almond butter
- ❑ Organic peanut butter
- ❑ Jam: Organic Fruit Spread or “Fresh Preserves”
- ❑ Sauerkraut with pickled cucumbers

DAIRY AND EGGS

Meat/Seafood:

- ❑ Grass-fed ground beef
- ❑ Organic Free-Range Young Chicken (or breasts)
- ❑ Skipjack Tuna (canned)
- ❑ Grass-fed hot dogs: Applegate
- ❑ Lunch meat: Applegate (Trader Joe’s contains carrageenan and added sugar.)
- ❑ Prosciutto: Parma Citterio or Trader Joe’s
- ❑ Pork (not pastured or organic, just “minimally processed”)

Dairy:

- ❑ Milk: Organic Whole Milk (pasteurized and homogenized, not ultra-pasteurized-best choice)
- ❑ Butter: Kerrygold (grass-fed), Trader Joe’s Organic
- ❑ Cheese: blocks-look for raw and grass-fed on some options, some sliced cheese (read labels), Kerrygold
- ❑ Yogurt: European Style Smooth & Creamy Whole Milk Yogurt
- ❑ Organic Sour Cream
- ❑ Organic Ricotta Cheese

PREPARED FOODS

Cereal:

- ❑ Nature’s Path Organic Heritage Flakes

Snacks:

- ❑ Freeze dried fruit
- ❑ Dried fruit (raisins, mangos, pineapple, etc.)
- ❑ Fruit bars
- ❑ Unsweetened applesauce
- ❑ Brown Rice Cakes: Lundberg
- ❑ Roasted Plantain Chips
- ❑ Pretzel Slims
- ❑ Mild salsa (produce department)
- ❑ Roasted Garlic Hummus (produce department)
- ❑ Organic Hummus (green label-produce department)

Frozen:

- ❑ Fully Cooked Organic Quinoa
- ❑ Sprouted Red Jasmine Rice (fully-cooked)
- ❑ Rice Medley
- ❑ Organic Superfood Pilaf

Treats:

- ❑ Dark Chocolate Honey Mints

Bread:

- ❑ Corn tortillas
- ❑ Sprouted rye
- ❑ Ezekiel 4:9 Sprouted Bread
- ❑ Whole wheat pita

NON-FOOD

Bath/Body:

- ❑ Jojoba oil
- ❑ Castile soap: Dr. Bronner’s (liquid and bar)
- ❑ Vitamin E oil
- ❑ Tea tree essential oil

BEVERAGES

Coffee and Tea:

- ❑ Coffee (grinder available)
- ❑ Tea bags

Misc.:

- ❑ 100% Pure Coconut Water (dairy department)

PRODUCE

Organic:

- ❑ Various produce items: large selection

Conventional:

- ❑ Shop according to the “Buy Organic” list, if possible: large selection

Frozen:

- ❑ Fruits
- ❑ Veggies

*Unless noted, all products are Trader Joe’s brand.