AIP TRADER JOE'S SHOPPING LIST

PRODUCE

- ◯ Asparagus Sauté
- ◯ Artichoke Globes
- ◯ Butternut Squash Zig Zags
- ◯ Butternut Squash Spirals
- ◯ Cruciferous Crunch
- ◯ Diced Onions
- ◯ Fennel
- ◯ Fresh Organic Herbs
- ◯ Holiday Veggie Hash (seasonal)
- ◯ White Sweet Potatoes
- ◯ Mandarin Oranges w/ leaves
- ◯ Mini Avocados
- ◯ Mini English Cucumbers
- ◯ Mirepoix Mix
- ◯ Sweet Potato Ribbons
- ◯ Mushrooms
- ◯ Organic Coleslaw Mix
- ◯ Organic Broccoli Slaw
- ◯ Organic Shredded Kale
- ◯ Persian Cucumbers
- ◯ Pre-Cooked Beets
- ◯ Pre-Cut Jicama Sticks
- ◯ Purple Sweet Potatoes
- ◯ Rainbow Carrots
- ◯ Rainbow Cauliflower
- ◯ Riced Cauliflower
- ◯ Riced Vegetable Medley
- ◯ Shallots
- ◯ Shaved Brussels Sprouts
- ◯ Shredded Cabbage
- ◯ Shredded Carrots
- ◯ Spaghetti Squash
- ◯ Zucchini Noodles
- ◯
- ◯
- ◯
- ◯
- ◯
- ◯
- ◯
- ◯
- ◯
- ◯
- ◯

REFRIGERATED

- ◯ Pork Belly
- ◯ Organic Hickory Smoked Turkey Breast Lunch Meat
- ◯ Prosciutto
- ◯ Chicken Bone Broth (bag)
- ◯ Green Goddess Dressing (Stg 1 reintro- black pepper)
- ◯ Sauerkraut w/ Persian Cucumbers
- ◯ Simply Roast Pre-Cooked Chicken Breast- (Stg 1 Reintro- black pepper)
- ◯ Smoked Salmon
- ◯ Jicama Wraps
- ◯ Organic Carrot Juice
- ◯ Beet Juice
- ◯ Celery Juice (Suja brand)
- ◯ Organic Coconut Smoothie
- ◯ Cold Pressed Cucumber
- ◯ Avocado Smoothie
- Cold Pressed Pineapple Juice
- ◯ Kombucha- GT Synergy
- ◯ Organic Celery Juice
- ◯ Organic Coconut Water
- ◯ Tangerine Juice
- ◯ Cold Pressed Green Juice

SHELF STABLE DRINKS

- ◯ Coconut Water
- ◯ Coconut Milk
- ◯ Coconut Cream
- ◯ Ginger Drink Mix
- ◯ Packets Power of Seven Purple Juice Blend
- ◯ TJ's Flavored Seltzer Waters- Cranberry Lime, Lemon Ginger
- ◯ Teas: Moroccan Mint Green Tea, Organic Earl Grey, Organic Peppermint, Organic Green Tea
- ◯ Spindrift- Grapefruit, Raspberry Lime, and Lemon

FROZEN FOODS

- ◯ Asparagus Spears
- ◯ Zucchini Spirals
- ◯ Beet Chunks
- ◯ Tostones-Fried Plantains
- ◯ Just Coconut Chunks
- ◯ Mashed Sweet Potatoes
- ◯ Organic Cherries
- ◯ Organic Chopped Spinach
- ◯ Organic Frozen Raspberries
- ◯ Organic Mango
- ◯ Organic Roasted Delicata Squash
- ◯ Organic Wild Maine Blueberries
- ◯ Riced Cauliflower
- ◯ Pineapple Tidbits
- ◯ Wild Argentinian Red Shrimp
- ◯ Wild Caugh Ahi Tuna
- ◯ Wild Caught Alaskan Cod
- ◯ Wild Caught Crab Meat (fully cooked)
- ◯ Wild-Caught Jumbo Sea Scallops
- ◯ Wild Caught Mahi Mahi
- ◯ Wild Caught Swordfish Steaks
- ◯ Boneless Skinless Chicken Breasts
- ◯ Grass-Fed Angus Burgers
- ◯ Turkey Burgers
- ◯ Uncooked Ground Buffalo Burgers

MEAT/POULTRY

- ◯ Grass-Fed Lamb Chops
- ◯ Grass-Fed Ribeye Steaks
- ◯ Organic Chicken Wing Sections
- ◯ Organic Free-Range Chicken Breasts
- ◯ Organic Ground Beef
- ◯ Organic Ground Beef Patties
- ◯ Organic Ground Turkey
- ◯ Pastured Whole Chicken
- ◯ Uncured bacon
- ◯ Uncured Bacon Ends and Pieces

PANTRY

- ◯ Anchovies in Olive Oil
- ◯ Apple Cider Vinegar
- ◯ Arrowroot Starch
- ◯ Avocado Oil
- ◯ Avocado Oil Spray
- ◯ Balsamic Vinegar
- ◯ Olives- Read labels. Not all are compliant.
- ◯ Canned Butternut Squash Puree
- ◯ Canned Chicken
- ◯ Canned Oysters
- ◯ Canned Peaches in White Grape Juice
- ◯ Canned Pumpkin Purée
- ◯ Canned Sardines
- ◯ Canned Sockeye
- ◯ Canned Wild Alaskan Pink Salmon
- ◯ Canned Tuna
- ◯ Carob Powder
- ◯ Coconut Aminos
- ◯ Coconut Oil
- ◯ Great Lakes Collagen Powder
- ◯ Hearts of Palm Pasta- dehydrated
- ◯ Organic Maple Butter (may be seasonal)
- ◯ Matcha Green Tea Powder
- ◯ Nutritional Yeast
- ◯ Olive Oil Cooking spray
- ◯ Onion Salt
- ◯ Organic Coconut Flour
- ◯ Organic Coconut Sugar
- ◯ Organic Date Syrup
- ◯ Organic Raw Honey
- ◯ Organic Red Wine Vinegar
- ◯ Red Boat Fish Sauce
- ◯ Extra Virgin Olive Oil
- ◯ Small Boxes of Bone Broth
- ◯ Spices/Herbs
- ◯ Unsweetened Coconut Flakes
- ◯ Vanilla Bean
- ◯ White Wine Vinegar

DRIED FRUIT/SWEET SNACKS

- Applesauce
- Apple Rings
- Apple Chips
- Coconut chips
- Dried Baby Bananas
- Dried Figs
- Dried Pear Slices
- Dried White Peaches
- Freeze Dried Honey
- Crisp Apple
- Freeze-Dried Berries
- Just Apple and Coconut Cereal Bars
- Organic Medjool Dates
- Organic Raisins
- That's It bars
- Unsweetened Organic Dried Mango
- Unsweetened Unsulfured Dried Blueberries
- Watermelon Jerky
- Wild Made Fruit Leather

SAVORY/SALTY SNACKS

- Broccoli Chips
- CHOMPS Sticks- Italian Beef
- Epic Pork Rinds- Pink Himalayan Sea Salt
- Just Beets- Dehydrated Beet Chips
- Organic Carrot Chips
- Epic Meat Sticks
- Sweet Plantain Chips
- Plantain Crisps

OTHER ITEMS