## AIP TRADER JOE'S SHOPPING LIST

REFRIGERATED

FROZEN FOODS

**PANTRY** 

PRODUCE

○ Asparagus Sauté	O Pork Belly	○ Asparagus Spears	Anchovies in Olive Oil
Artichoke Globes	Organic Hickory Smoked		O Apple Cider Vinegar
Butternut Squash Zig Zags	Turkey Breast Lunch Meat	○ Beet Chunks	Arrowroot Starch
Butternut Squash Spirals	O Prosciutto	Tostones-Fried Plantains	_ Avocado Oil
Cruciferous Crunch	Chicken Bone Broth (bag)	∫ust Coconut Chunks     ∫	Avocado Oil Spray
Diced Onions	Green Goddess Dressing	○ <u>Mashed Sweet Potatoes</u>	○ Balsamic Vinegar
○ Fennel	(Stg 1 reintro- black pepper)	Organic Cherries	Olives- Read labels. Not
Fresh Organic Herbs	Sauerkraut w/ Persian	Organic Chopped Spinach	all are compliant.
→ Holiday Veggie Hash	Cucumbers	Organic Frozen Raspberries	Canned Butternut
(seasonal)	○ Simply Roast Pre-Cooked	Organic Mango	○ <u>Squash Puree</u>
○ White Sweet Potatoes	Chicken Breast- (Stg 1	Organic Roasted	Canned Chicken
	Reintro- black pepper)	Delicata Squash	<ul><li>Canned Oysters</li></ul>
leaves	○ Smoked Salmon	Organic Wild Maine	Canned Peaches in
○ Mini Avocados	<ul><li>✓ Jicama Wraps</li></ul>	Blueberries	○ White Grape Juice
Mini English Cucumbers	Organic Carrot Juice	○ Riced Cauliflower	Canned Pumpkin Purée
Mirepoix Mix	○ Beet Juice	O Pineapple Tidbits	Canned Sardines
Sweet Potato Ribbons	○ <u>Celery Juice (Suja brand)</u>	○ Wild Argentinian Red Shrimp	<ul><li>Canned Sockeye</li></ul>
○ Mushrooms	Organic Coconut Smoothie	○ Wild Caugh Ahi Tuna	Canned Wild Alaskan
Organic Coleslaw Mix	○ Cold Pressed Cucumber	○ Wild Caught Alaskan Cod	O Pink Salmon
Organic Broccoli Slaw	○ Avocado Smoothie	○ <u>Wild Caught Crab Meat (fully</u>	Canned Tuna
Organic Shredded Kale	Cold Pressed Pineapple Juice	cooked)	Carob Powder
Persian Cucumbers	○ Kombucha- GT Synergy	○ <u>Wild-Caught Jumbo Sea</u>	Coconut Aminos
○ Pre-Cooked Beets	Organic Celery Juice	Scallops	Coconut Oil
○ Pre-Cut Jicama Sticks	Organic Coconut Water	○ <u>Wild Caught Mahi Mahi</u>	○ Great Lakes Collagen
<ul><li>Purple Sweet Potatoes</li></ul>	○ <u>Tangerine Juice</u>	○ Wild Caught Swordfish	Powder
Rainbow Carrots	O Cold Pressed Green Juice	Steaks	<ul> <li>Hearts of Palm Pasta-</li> </ul>
Rainbow Cauliflower		Boneless Skinless Chicken	dehydrated
Riced Cauliflower	SHELF STABLE DRINKS	Breasts	Organic Maple Butter
Riced Vegetable Medley		○ Grass-Fed Angus Burgers	(may be seasonal)
○ Shallots	Coconut Water	☐ Turkey Burgers     ☐ Turkey Burgers	Matcha Green Tea Powder
○ Shaved Brussels Sprouts	Coconut Milk	Uncooked Ground Buffalo	Olive Oil Cooking spray
○ Shredded Cabbage	Coconut Cream	Burgers	Onion Salt
○ Shredded Carrots	○ Ginger Drink Mix		Organic Coconut Flour
Spaghetti Squash	○ Packets	MEAT/POULTRY	Organic Coconut Sugar
○ Zucchini Noodles	Power of Seven Purple		Organic Date Syrup
	○ Juice Blend	○ Grass-Fed Lamb Chops	Organic Raw Honey
	TJ's Flavored Seltzer	○ Grass-Fed Ribeye Steaks	Organic Red Wine Vinega
	Waters- Cranberry Lime,	Organic Chicken Wing Sections	<ul> <li>Red Boat Fish Sauce</li> </ul>
	○ Lemon Ginger	Organic Free-Range	<ul> <li>Extra Virgin Olive Oil</li> </ul>
	Teas: Moroccan Mint	Chicken Breasts	<ul> <li>Small Boxes of Bone Broth</li> </ul>
0	Green Tea, Organic Earl	Organic Ground Beef	<ul> <li>Unsweetened Coconut</li> </ul>
	Grey, Organic Peppermint,	Organic Ground Beef Patties	Flakes
	Organic Green Tea	Organic Ground Turkey	○ <u>Vanilla Bean</u>
0	Spindrift- Grapefruit,	O Pastured Whole Chicken	White Wine Vinegar
0	Raspberry Lime, and	O Uncured bacon	<u></u>
0	Lemon	O <u>Uncured Bacon Ends and</u>	O
		Pieces	

## DRIED FRUIT/SWEET SAVORY/SALTY OTHER ITEMS **SNACKS SNACKS** Broccoli Chips Applesauce ○ CHOMPS Sticks- Italian Beef Apple Rings Epic Pork Rinds-Apple Chips Coconut chips Pink Himalayan Sea Salt ○ Just Beets- Dehydrated Dried Baby Bananas Beet Chips Dried Figs Organic Carrot Chips Dried Pear Slices Epic Meat Sticks Dried White Peaches Sweet Plantain Chips Freeze Dried Honey O Plantain Crisps Crisp Apple Freeze-Dried Berries Just Apple and Coconut Cereal Bars Organic Mediool Dates Organic Raisins O \_\_\_\_\_ ○ That's It bars Unsweetened Organic Dried Mango Unsweetened Unsulfured Dried Blueberries Watermelon Jerky ○ Wild Made Fruit Leather 0\_\_\_\_\_