

Trader Joe's Healthy Grocery List for

(Corrected & Updated for 2021 by Julie Bays, RD)



Trader Joe's Healthy Frozen Items:

- Turkey Burgers: 1 ½ burgers = 1 lean
- Chili Lime Chicken Burger: 2 burgers = 1 lean
- Mahi Mahi Burgers: 2 ½ burgers = 1 lean
- Tuna Burgers: 2 burgers = 1 lean
- Crab Cakes: 2 cakes = 1 leaner
- Turkey Meatballs: 5 meatballs = 1 lean
- Shrimp Burgers: 2 burgers = 1 leaner
- Salmon Burgers: 2 burgers = 1 lean
- Langostino Tails: 7 oz = 1 leanest
- Argentinian Red Shrimp: 7 oz = 1 leanest
- Shitake Chicken Frozen Meal: 1 ½ cups = Complete Lean & Green
- Frozen Kabocha Squash: ½ cup = 1 green
- Riced Cauliflower Stir Fry: ½ cup = 1 green
- Zucchini Spirals: ½ cup (¼ container) = 1 green
- Frozen Grilled Asparagus: ½ cup = 1 green
- Asian Vegetables with Beijing Style Soy Sauce: ½ cup = 1 green

Trader Joe's Healthy Meat Aisle:

- Ground Turkey, Ground Chicken, Extra Lean Ground Beef:
 - 85-94% lean: 5oz = 1 lean
 - 95-97% lean: 6oz = 1 leaner
 - 98%+ lean: 7oz = 1 leanest
- Wild Skipjack Tuna: 2.5 pouches = 1 leanest
- BBQ Cut Fresh Atlantic Salmon Filets: 5oz = 1 lean
- Boneless Skinless Chicken: 6oz = 1 leaner
- Chicken Hot Dogs 3 links = 1 leaner (limit to 1x/week due to sodium levels)
- Spicy Italian Chicken Sausage: 1 ½ links = 1 lean
- Sweet Italian Chicken Sausage: 2 ¼ links = 1 lean
- Smoked Andouille Chicken Sausage: 1 ¼ links = 1 lean
- Chicken Breakfast Sausage: 6 links = 1 lean
- Chomps Meat Sticks: 1 stick = ⅓ lean

Trader Joe's Healthy Meatless Lean Items:

- Beefless Ground Beef: 1 cup = 1 leanest
- Trader Joe's Hi Protein Veggie Burger: 1 patty = 1 lean
- Trader Joe's High Protein Tofu: 6oz = 1 lean
- Trader Joe's Plain Tofu, extra firm: 8oz = 1 lean
- Trader Joe's Plain Tofu, firm: 8oz = 1 lean
- Trader Joe's Sriracha Baked Tofu: 7oz = 1 lean (Note: the Teriyaki option is NOT approved)
- Trader Joe's Hi Protein Veggie Burger: 1 patty = 1 lean
- Trader Joe's Meatless Meatballs: 10 meatballs = 1 lean
- Almond Mozzarella Style Shreds: 1 ¼ cup = 1 lean
- Egg Beaters: 2 cups = 1 leanest
- Whole Eggs: 3 eggs = 1 lean (limit to max 2x/week)

Trader Joe's Healthy Dairy Items:

- Reduced Fat Cheese (Mexican, Cheddar, Mozzarella): 4oz = 1 lean
- Lite Havarti Cheese: 4 slices = 1 lean
- Lite Shredded 3-cheese blend: 4 oz = 1 lean
- Fat Free Cottage Cheese: 1 ½ cups = 1 leanest
- Low Fat Cottage Cheese: 1 ½ cups = 1 leaner
- 0% Non-Fat Plain Greek Yogurt: 12oz = 1 leanest
- 2% Low Fat Plain Greek Yogurt: 12oz = 1 leaner
- Unsweetened Original Almond Beverage: ½ cup = 1 condiment
- Unsweetened Almond Cashew and Macadamia Nut Beverage: 1 cup = 1 condiment

Trader Joe's Healthy Green/Produce Items:

- Riced Cauliflower Stir Fry: ½ cup = 1 green
- Riced Cauliflower: ½ cup = 1 green
- Spicy Mexican Style Riced Cauliflower: ½ cup = 1 green
- Riced Broccoli: ½ cup = 1 green
- Jicama: ½ cup = 1 green
- Spiralized Zucchini (zoodles): ½ cup = 1 green
- Plain Frozen Riced Cauliflower: ½ cup = 1 green (found in frozen food aisle)
- Hearts of Palm, spears, or medallions: ½ cup = 1 green (found in canned-food aisle)
- Many approved fresh veggies available in the produce section: ½ cup = 1 green

Trader Joe's Healthy Misc. Items/Condiments:

- Cauliflower Thins: 2 thins: 1/3 lean + 1 green
- Enchilada Sauce: 1 Tbsp = 1 condiment
- 21 Seasoning Salute: ½ tsp = 1 condiment
- Everything But the Bagel Seasoning: ½ tsp = 1 condiment (their other spices qualify as well: ½ tsp = 1 condiment)
- Salsa: 1 Tbsp = 1 condiment
- Coconut Cold Brew Coffee Concentrate: 2 oz = 1 condiment
- Reduced Guilt Chunky Guacamole: 1Tbsp= 1 condiment
- Satay Peanut Sauce: 1 Tbsp = 1 condiment
- Spicy Cashew Butter Dressing: ½ tbsp = 1 condiment
- Thai Yellow Curry Sauce: ½ tsp = 1 condiment
- Thai Red Curry Sauce: 1 Tbsp = 1 condiment
- Trader Joe's Green Goddess Dressing: 2 Tbsp = 1 condiment
- Cilantro Salad Dressing: 3 Tbsp = 1 healthy fat OR 1 Tbsp= 1 condiment
- Creamy Roasted Cauliflower & Onion Dip: 2 Tbsp = 1 healthy fat
- Creamy Cauliflower Jalapeno Dip: 1 Tbsp = 1 condiment OR 3 Tbsp =1 healthy fat
- Spinach Sour Cream Dip: 1 ½ Tbsp = 1 healthy fat
- Trader Giotto's Balsamic Vinaigrette: 1 ½ Tbsp = 1 healthy fat
- Jicama Wraps: 2 wraps = 1 green
- Trader Joe's Organic Tomato Basil Sauce: ¼ cup = 1 green
- Three Cheese Pomodoro pasta sauce: ¼ cup = 1 green
- Organic Dill Pickle Spears: 2 spears = 1 optional snack