

Low Carb Keto Trader Joe's Items Clean shopping list

If there is not a brand listed, assume it is Trader Joe's brand.

Chomps Snack Sticks; beef or turkey

Chicken Sriracha Epic Bar

Sparkling Water; assorted flavors

Salsa Autentica

Salsa Verde

Raw Shelled Hemp Seed

Sunflower Seed Spread

Raw Almond Butter; creamy or crunchy

Everything but the Bagel Sesame Seasoning Blend

21 Seasoning Salute

Organic Liquid Stevia

Baker Josef's Blanched Almond Flour

Just Almond Meal

Cocoa Powder unsweetened

Nutritional Yeast

Organic Coconut Milk

Organic Coconut Cream

Organic Unsweetened Coconut Chips

Organic Unsweetened Flake Coconut

Organic Extra Virgin Spanish Olive Oil Spray

Organic Virgin Coconut Oil packets

Clarified Butter (ghee)
Organic Triple Filtered Coconut Oil
Organic Virgin Coconut Oil
Toasted Sesame Oil
Chosen Foods Avocado Oil
Trader Giotto's Extra Virgin Olive Oil
Tapas Style Artichoke Hearts
Greek Olive Medley
Pitted Salted Manzanilla Olives
Giant Chalkidiki Olives
Stuffed Queen Sevillano Olives
Sacha Hearts of Palm
Wild Alaskan Pink Salmon
Wild Caught Sockeye Salmon
Organic Beef Bone Broth
Organic Chicken Bone Broth
Organic Raspberries
Organic Blueberries
Turkey Burgers
Uncooked Ground Buffalo Burgers
Uncooked Grass Fed Angus Beef Burgers
Chile Lime Chicken Burgers
Zucchini Spirals
Yuzu Hot Sauce (above frozen vegetables)

Organic Rainbow Cauliflower

Red, Yellow & Green Peppers

Raw Sunflower Seeds

Roasted & Salted Sunflower Seeds

Pumpkin Seeds

Nuts

Everything but the Bagel Seasoned Smoked Salmon

Fully Cooked Pork Belly

Grass Fed Beef Sirloin Roast

Braised Turkey Drumsticks

Shawarma Chicken Thighs

Traditional Carnitas

Organic Sweet Italian Chicken Sausage

Sauerkraut with Pickled Persian Cucumbers

Sonoma Brinery Fresh Pickles Manhattan Style

Organic Grass Fed Uncured Beef Hot Dogs

Hebrew National All Natural Beef Franks

Applegate Organic Uncured Beef Hot Dog

Just Chicken White Meat Chicken

Teeny Tiny Avocados

Riced Cauliflower

Spaghetti Style Zucchini Noodles

Jicama Sticks

Heavy Whipping Cream

Kerry Gold Pure Irish Butter; salted or unsalted

Roasted Garlic & Herb Butter Spread

Avocado Tzatziki Dip

Hot Pico De Gallo Salsa

Reduced Guilt Chunky Guacamole made with Greek Yogurt

Avocado's Number Guacamole 16 oz or 6 pack to-go

Chunky Spicy Guacamole Autentico

Pub Cheese; cheddar & jalapeno or cheddar and horseradish

Volpi Roltini singles