

# Low Carb Keto Trader Joe's Items Dirty Keto/Low Carb shopping list

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

Virgil's Zero Root Beer

Roasted Seaweed with Sea Salt

Roasted Seaweed Snack

Wasabi Roasted Seaweed Snack

Crispy Crunchy Okra

Seasoned Kale Chips

Crispy Crunchy Broccoli Florets

Gluten Free Crispbread

Coconut Beverage unsweetened

Almond Beverage unsweetened original

Organic Peanut Butter; salted or unsalted

Whipping Cream shelf stable

Chile Lime Seasoning Blend

Organic Marinara Sauce

Organic Tomato Basil Marinara

Traditional Marinara Sauce

Trader Giotto's Three Cheese Pomodoro Pasta Sauce

Pizza Sauce

Artichoke Antipasto

Morning Star Veggie Breakfast Sausage Links

Meatless Breakfast Patties

Mahi Mahi Burgers  
Palak Paneer  
Mashed Cauliflower  
Mushroom Medley  
Organic Green Vegetable Foursome  
Uncured Pork & Beef Hot Link Sausages  
Uncured Bavarian Bratwurst  
Uncured Chicken Hot Dogs  
Brooklyn Bangers Cheddar Bratwurst  
All Natural Beef Hot Dogs  
Grilled Chicken Strips  
Grilled Lemon Pepper Chicken  
Grilled Balsamic Vinegar & Rosemary Chicken  
Almond Beverage Unsweetened; vanilla and original  
Uncured Turkey Bacon  
No Sugar Dry Rubbed Uncured Bacon  
Uncured Bacon Ends & Pieces  
Uncured Black Forest Bacon  
Beef-less Ground Beef  
Bacon Cheddar Ranch Dip  
Chunky Artichoke Jalapeno Dip  
Sour Cream Spinach Dip  
Spinach & Kale Greek Yogurt Dip  
Tzatziki Creamy Garlic Cucumber Dip

Roasted Tomatillo Salsa Verde  
Creamy Cashew Fiesta Dip  
Citterio Pancetta Cubetti  
Ciao Pepperoni  
Vegan Kale, Cashew & Basil Pesto  
Trader Giotto's Genova Pesto  
Applegate Herb Turkey Breast  
Applegate Smoked Turkey Breast  
Applegate Uncured Slow Cooked Ham  
Uncured Black Forest Ham  
Smoked Turkey Breast  
Citterio Genoa Salame Provolone  
Citterio Salame Sticks  
Olive Tapenade Traditional  
Aioli Garlic Mustard Sauce  
Marinated Grilled Artichoke Halves  
Marinated Artichokes  
Natural Turkey Summer Sausage  
Marinated Olive Duo  
Simply Life Chocolate; milk, dark and dark with almonds