

DEPARTMENT	DESCRIPTION	BRAND	SERVING SIZE	PROTEIN BOX	CARB BOX
PROTEIN Higher fat protein options are indicated with *. These items will count toward your 3 daily servings of fat.					
MEAT - FROZEN	Chili lime chicken burger	Trader Joe's	1 patty	2	0
	Grass-fed Angus beef burger	Trader Joe's	1 patty	2	0
	Ground buffalo burger	Trader Joe's	1 patty	3	0
	Korean style beef short ribs	Trader Joe's	1 piece	2	0
	Lamb koftas	Trader Joe's	2 koftas	2	0
	Meatballs	Trader Joe's	2 meatballs	1	1
	Party meatballs	Trader Joe's	6 meatballs	2	1
	Seasoned rack of lamb	Trader Joe's	2 ribs	2	0
	Turkey bolognese "Just Sauce"	Trader Joe's	1/2 cup	1	1
	Turkey burger	Trader Joe's	1 patty	3	0
	Turkey meatballs	Trader Joe's	2 meatballs	1	1
	MEAT - DELI	Classic sliced dry rubbed all natural uncured bacon	Trader Joe's	2 slices	1
Genoa salami & provolone slices *		Citterio	1 oz slice of each	2	0
Gourmet pepperoni *		Volpi	1 oz	1	0
Peppered uncured turkey bacon		Trader Joe's	2 slices	1	0
Uncured apple smoked bacon		Trader Joe's	2 slices	1	0
Uncured turkey bacon		Trader Joe's	2 slices	1	0
MEAT - REFRIGERATED	Braised beef roast	Trader Joe's	3 oz	3	1
	Chicken breast medallions with coconut red curry sauce	Trader Joe's	1/2 cup	1	1
	Grass fed beef sirloin roast	Trader Joe's	3 oz	3	0
	Grilled balsamic vinegar & rosemary chicken	Trader Joe's	3 oz	3	0
	Grilled chicken strips	Trader Joe's	3 oz	3	0
	Grilled lemon pepper chicken	Trader Joe's	3 oz	3	0
	Just chicken	Trader Joe's	3 oz	3	0
	Pork rib bites	Trader Joe's	4 oz	4	1
	Roasted chicken patties	Trader Joe's	1 patty	3	0
	Seasoned rack of lamb	Trader Joe's	3 oz	3	0
	Traditional carnitas	Trader Joe's	3 oz	3	0
	Traditional pot roast	Trader Joe's	3 oz	3	0
MEAT - GROCERY	Beef jerky , original or buffalo flavor	Trader Joe's	1 oz	1	0
	Turkey jerky, original, teriyaki or buffalo flavor	Trader Joe's	1 oz	1	0

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FISH - FROZEN	Ahi tuna steaks	Trader Joe's	4 oz, raw	3	0	
	Cioppino seafood stew	Trader Joe's	1 cup	3	1	
	Cooked shrimp	Trader Joe's	3 oz	3	0	
	Langostino tails	Trader Joe's	3 oz	3	0	
	Lobster tails	Trader Joe's	1 tail	2	0	
	Mahi Mahi burger	Trader Joe's	1 patty	2	0	
	Mahi Mahi fillets	Trader Joe's	1 fillet (4 oz raw)	3	0	
	Marinated whitefish Vera Cruz	Trader Joe's	1/4 pkg	2	0	
	Mojito salmon	Trader Joe's	1/2 pkg	4	1	
	Pacific flounder with crab meat stuffing	Trader Joe's	1 piece	4	0	
	Saucy scallops with mushrooms	Trader Joe's	1 1/2 cup	1	1	
	Scallops wrapped in uncured bacon	Trader Joe's	3 pieces	1	1	
	Seafood blend	Trader Joe's	2/3 cup	2	0	
	Steamer clams in garlic butter	Trader Joe's	14 clams (3 oz)	1	0	
	Swordfish steaks	Trader Joe's	4 oz, raw	3	0	
	White ruffy fillets	Trader Joe's	3 oz, raw	2	0	
	Wild Alaka cod fillets	Trader Joe's	4 oz, raw	3	0	
	Wild marinated soy ginger cod	Trader Joe's	4 oz, raw	3	0	
	FISH - REFRIGERATED	Cajun salmon	Trader Joe's	3 oz	3	0
		Pecan & hazelnut crusted Norwegian salmon	Trader Joe's	3 oz	3	0
Smoked rainbow trout		Trader Joe's	2 oz	2	0	
Wild hot smoked king salmon		Trader Joe's	2 oz	2	0	
Wild smoked salmon		Trader Joe's	2 oz	2	0	
FISH - GROCERY	Alaska pink salmon	Trader Joe's	2 oz drained	2	0	
	Crab meat	Trader Joe's	2 oz drained	2	0	
	Lightly smoked sardines, in olive oil	Trader Joe's	3 oz drained	3	0	
	Maine whole cherrystone clams	Trader Joe's	3 oz	1	0	
	Premium white chunk tuna, in broth, water or olive oil	Trader Joe's	1 oz	1	0	
	Smoked herring, in canola oil	Trader Joe's	2 oz	2	0	
	Smoked trout, skinless, in canola oil	Trader Joe's	2 oz	2	0	
	Sockeye salmon	Trader Joe's	1 oz	1	0	
	Wild caught unsalted sardines, in spring water	Trader Joe's	2 oz	2	0	

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DAIRY	Mild Cheddar cheese snack sticks	Trader Joe's	1 stick	1	0
	A Real Crowd Cheeser: Colby Jack, Swiss, Mild Cheddar, Pepper Jack	Trader Joe's	1 oz	1	0
	Babybel cheese, original	Babybel	1 piece	1	0
	Fresh goat cheese medallions	Trader Joe's	1 oz	1	0
	Greek Yogurt, 2% plain	Trader Joe's	1 cup	2	0
	Hard cooked peeled eggs	Trader Joe's	1 egg	1	0
	Marinated fresh mozzarella	Trader Joe's	1 oz	1	0
	Marinated fresh mozzarella log	Trader Giotto's	1 oz	1	0
	Mini brie bites *	Trader Joe's	2 piece	1	0
	Monterey Jack cheese snack sticks	Trader Joe's	1 stick	1	0
	Ricotta cheese whole milk	Trader Giotto's	1/4 cup	1	0
	Sliced Pepper Jack cheese	Trader Joe's	1 oz	1	0
	Sliced Provolone cheese	Trader Joe's	1 oz	1	0
	Sliced Swiss cheese	Trader Joe's	1 oz	1	0
	String cheese	Trader Joe's	1 stick	1	0
VEGETARIAN PROTEINS - REFRIGERATED	Beefless ground beef	Trader Joe's	1/3 cup	1	1
	Chicken-Less strips	Trader Joe's	9 strips	2	0
	Edamame, ready-to-eat, shelled	Trader Joe's	1/2 cup	1	0
	High protein organic tofu, super firm	Trader Joe's	3 oz	1	0
	Italian sausage-less sausage	Trader Joe's	1 link	1	1
	Organic 3 grain tempeh	Trader Joe's	1/2 package	2	0
	Organic sprouted tofu	Trader Joe's	3 oz	1	0
	Organic tofu veggie burger	Trader Joe's	1 patty	1	0
	Smart Dogs	Lightlife	1 link	1	0
	Soy chorizo	Trader Joe's	2.5 oz	1	1
	Tofurky hickory smoked deli slices	Tofurky	5 slices	1	0
	Tofurky Italian sausage	Tofurky	1 link	3	1
	VEGETARIAN PROTEINS - FROZEN	Bacon strips	Morning Star	3 strips	1
Grillers, vegan		Morning Star	1 patty	1	0
Meatless breakfast patty		Trader Joe's	1 patty	1	0
Meatless meatballs		Trader Joe's	6 meatballs	1	1
Pizza veggie burger		Trader Joe's	1 patty	1	0

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	Sausage links	Morning Star	2 links	1	0
CARBOHYDRATES Any whole fruit or vegetable from the "Preferred" list in the Program Guide is a good choice. Here are some time-saving options.					
FRUIT - FROZEN	Berry medley	Trader Joe's	1/2 cup	0	1
	Frozen strawberries	Trader Joe's	1 cup	0	1
	Organic wild blueberries	Trader Joe's	1/2 cup	0	1
VEGETABLES - FRESH	Snow peas	Trader Joe's	1 cup	0	1
	Healthy-8 chopped veggie mix	Trader Joe's	1 cup	0	1
	Asian vegetable stir-fry	Trader Joe's	1 cup	0	1
	Organic broccoli slaw	Trader Joe's	1 cup	0	1
	Microwaveable asparagus	Trader Joe's	15 spears	0	1
	Roasted Brussels sprouts	Trader Joe's	1 cup	0	1
	Cruciferous Crunch Collection	Trader Joe's	1 cup	0	1
VEGETABLES - FROZEN	Bean So Green	Trader Joe's	1 cup	0	1
	Cauliflower romanesco Basilic	Trader Joe's	1 cup	0	1
	Fire roasted bell peppers & onions	Trader Joe's	1 cup	0	1
	Grilled eggplant & zucchini melange	Trader Joe's	1 cup	0	1
	Harvest Hodgepodge	Trader Joe's	1 cup	0	1
PREPARED SALADS AND SOUPS					
	Broccoli slaw & kale salad with white chicken meat, without dressing	Trader Joe's	1 container	3	2
	Chickenless salad	Trader Joe's	1/2 container	2	0
	Chopped house salad with chicken, without dressing	Trader Joe's	1 container	2	1
	Classic Greek salad, without dressing	Trader Joe's	1 container	1	2
	Cobb salad, without dressing	Trader Joe's	1 container	3	1
	Egg white salad with chives	Trader Joe's	1/2 container	1	0
	Spicy Ranchero egg white salad	Trader Joe's	1/2 container	1	0
	White meat chicken salad	Trader Joe's	1/2 container	2	0
	Clam chowder	Trader Joe's	1/2 cup	1	1
	Latin-style black bean soup	Trader Joe's	1 cup	0	1
	Miso ginger broth	Trader Joe's	1 cup	0	0
SNACKS					
	Crispy Crunch broccoli florets	Trader Joe's	1/2 package	0	1
	Kale Chips, zesty nacho	Trader Joe's	1/2 package (1 oz)	0	1

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	Roasted seaweed snack	Trader Joe's	1/2 package (0.4 oz)	0	0
BEVERAGES					
	Almond beverage, original, unsweetened (refrigerator)	Trader Joe's	1 cup (8 oz)	0	0
	Coconut beverage, original, unsweetened (refrigerator)	Trader Joe's	1 cup (8 oz)	0	0
	Coconut beverage, unsweetened (dry shelf)	Trader Joe's	1 cup (8 oz)	0	0
	Organic soy beverage, unsweetened (dry shelf)	Trader Joe's	1 cup (8 oz)	0	1
HEALTHY FATS You may select up to 3 servings of healthy fat choices daily. Each item below is one fat choice.					
	Almond butter, raw, creamy or crunchy	Trader Joe's	1 Tbsp		
	Golden roasted flax seed	Trader Joe's	1 Tbsp		
	Macadamia nuts	Trader Joe's	5 nuts		
	Organic virgin coconut oil	Trader Joe's	1 Tbsp		
	Raw whole cashews	Trader Joe's	10 nuts		
	Tahini sauce	Trader Joe's	1 Tbsp		
	Whipped cream cheese	Trader Joe's	1 Tbsp		
FLAVOR ENHANCEMENTS These condiments contain minimal amounts of protein or carbohydrate and can add flavor to your food. Limit portions to the serving sizes listed below.					
	Aioli garlic mustard sauce	Trader Joe's	1 tbsp		
	Artichoke anitpasta	Trader Joe's	1 Tbsp		
	Bruschetta sauce	Trader Joe's	1 Tbsp		
	Cilantro salad dressing	Trader Joe's	1 Tbsp		
	Eggplant garlic spread	Trader Joe's	1 Tbsp		
	Eggplant hummus	Trader Joe's	1 Tbsp		
	Feta cheese spread	Trader Joe's	1 Tbsp		
	Five-layer Fiesta dip	Trader Joe's	1 Tbsp		
	Genova pesto	Trader Joe's	1 Tbsp		
	Green olive tapenade	Trader Joe's	1 Tbsp		
	Hummus salad dressing	Trader Joe's	1 Tbsp		
	Jalapeno greek yogurt dip	Trader Joe's	1 Tbsp		
	Olive tapenade	Trader Joe's	1 Tbsp		
	Parmesan ranch dressing	Trader Joe's	1 Tbsp		
	Raita	Trader Joe's	1 Tbsp		
	Red pepper spread with eggplant & garlic	Trader Joe's	1 Tbsp		
	Salsa especial	Trader Joe's	1/4 cup		

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	Serrano salsa fresca	Trader Joe's	1/4 cup		
	Smoked salmon dip	Trader Joe's	2 Tbsp		
	Spinach & kale Greek yogurt dip	Trader Joe's	1 Tbsp		
	Thai green curry simmer sauce	Trader Joe's	1/4 cup		
	Tzatziki cucumber dip	Trader Joe's	1 Tbsp		
MISCELLANEOUS GROCERY					
	Shake, chocolate or vanilla (35g protein)	Pure Protein	1 can - 11 oz	4	0