



# TAYLOR WALKER FIT

FITNESS • NUTRITION • LIFESTYLE

## My Trader Joe's Weekly Shopping List

### Refrigerated:

- Health-Ade Kombucha
- Perfect Bars
- Sauerkraut With Persian Cucumbers
- Organic Free-Range Eggs
- Coconut Milk
- Plain Kefir
- Whole Pre-Cooked Beets
- Hummus
- Coconut Milk Creamer

### Produce (Buy organic where possible. Especially if you are consuming the skin):

- Greens
- Shredded Cabbage
- Celery
- Sliced Mushrooms
- Teeny Tiny Avocados
- Mixed Cherry Tomatoes
- Bagged Green Apples
- Lemons
- Carrots

### Animal Protein (Buy free-range, wild caught and organic when possible.):

- Ground Turkey Breast
- Skinless Chicken Thighs
- Chicken Breast
- Chicken Sausage (Sweet Italian and Apple)
- Salmon
- Smoked Salmon (Nova)

### Frozen (Buy organic when possible):

- Wild Blueberries

- Raspberries
- Acai Packets
- Brown or Jasmine Rice
- Quinoa
- Peas
- Sweet Potato Gnocchi

**Pantry Staples (Buy organic when possible)**

- Beets in Vinaigrette
- Canned Coconut Cream and Milk
- Coconut Oil (Jar and Spray)
- Sourdough Sandwich Bread
- Marinara with Barolo Wine
- Canned Black Beans
- Greek Olives
- Organic Maca Powder
- Nut Butter (Almond and Peanut)
- Coconut Aminos
- Fresh Ground Coffee

**Snacks:**

- Nuts and Dried Fruit (Look for unsalted and nitrate free)
- Organic Popcorn
- Vegetable Chips
- Chia Bars
- Go Macro Bars
- Crispy Crunchy Broccoli Florets

**Condiments:**

- Blue Cheese Mustard
- Truffle Honey Dijon
- Organic Ranch Dressing
- Everything But The Bagel Seasoning
- Onion Salt

**Sweets and Treats:**

- White Truffle Potato Chips
- Cookie Butter Ice Cream
- Seasonal Kringle
- Mandarin Orange Chicken
- Spanakopita
- Quadruple Almond Cookies

