

Trader Joe's Grocery List

Scan before purchasing

Trader Joe's Grocery List with Points

(As always, scan/verify points)

FROZEN SECTION:

- Mini cilantro chicken wontons 1 pt 4 wontons
- Orange chicken 9 pts 1 cup
- Fried veggie rice 6 pts 1 1/4 cup
- Teriyaki BBQ Chicken 4 pts 1 cup
- Kung Pao Chicken 6 pts 1 cup
- Guiltless Mac and cheese 8 pts
- Roasted corn 0 pts
- White sweet corn 0 pts per serving
- Naturally sweet peas 0 pts per serving
- Organic riced cauliflower 0 pts
- Chicken fried rice 4 pts per 1 cup
- Cauliflower stir fry 1 pt 2 cups
- Shrimp stir fry 0 pts 1 3/4 cup

· Frozen green beans 0 pts

- Roasted onions and peppers 0 pts
- Turkey corn dogs 5 pts each
- Sweet potato fries 6 pts 1 cup

· Cauliflower pizza crust 2 pts 1/6 of crust

- Cauliflower gnocchi 4pts 1 cup
- Chili & Lime chicken burgers 3 pts ea.
- Fettuccine Alfredo 9 pts 1 cup
- Fish nuggets 5 pts 4 pieces
- Beer battered Halibut 7pts 3 pieces
- Mini chicken tacos 5 pts 4 tacos
- Hash brown patties 4 pts 1 patty
- Jasmine Rice 5pts 1 cup
- Brown Rice 5 pts 1 cup
- Frozen Rice Medley 6 pts 1 cup

· Cauliflower Stuffing 2 pts 1 cup

- Mushroom Risotto 5 pts 1 cup

FRIDGE ITEMS:

- Gyro slices 7 pts 2oz
- Romaine salads mix 0 pts
- Pizza dough 4 pts for 1/8
- Carne Asada 5 pts 4oz.
- Pollo Asada 1 pt 4 oz.
- 96% extra lean ground beef 2 pts 4 oz.

- Coconut Creamer 0 pts 2 Tbsp

SAUCES:

- Tzatziki sauce 1pt 2Tbsp
- Guiltless guacamole 1 pt 2 Tbsp
- Cheese Queso dip 1 pt 5 Tbsp
- Spinach/Artichoke dip 1 pt 2 Tbsp
- Salsa 0 pt
- Soyaki sauce 2 pts 1 Tbsp
- Pesto sauce 2 pts 1 Tbsp

CHEESES AND YOGURTS:

· Laughing lite. cow cheese wedges 1 pt 1 wedge

- Whipped cream cheese 1 pt 1 Tbsp
- Lite Three cheese blend 2 pts 1/4 cup
- Non fat plain yogurt 0 pts
- Non fat plain Greek yogurt 0 pts

DRY GOODS:

- Small Ciabatta rolls 3pts
- Large ciabatta rolls 5pts
- **Miso Ginger broth 1 pt 1 cup**
- Everything but the bagel seasoning 0pts
- Chili & lime seasoning 0pts
- Balsamic glaze 1 pt 1 Tbsp
- Sour cream & onion corn puffs 4 pts 2.5 cups

· Canola nonstick cooking spray 0pts

- Brown Rice Penne Pasta 6 pts 1 cup cooked
- Rice Crackers Medley 3 pts 26 crackers
- Everything Bagel Chips 1 pt 1 serving