

## What To Buy THM at Trader Joe's

85% Dark Chocolate

Unsweetened Applesauce

Organic Extra Virgin Coconut oil

Organic Extra Virgin Coconut Spray

Extra Virgin Olive Oil

Balsamic Vinegar

Roast Red Bell Peppers in a jar

Fat free Beef & Chicken Broth

Kerrygold Butter

0% Greek Yogurt

Cottage Cheese

Eggs

Heavy Whipping Cream

Half & Half

Almond Milk

Canned lite coconut milk

Canned coconut cream

Almond meal flour

Coconut Flour

Nuts

Plain peanut & almond butter

Cocoa powder

Sea salt

Stevia

Turmeric

Other spices

Ezekiel bread

Low carb wraps

Canned garbanzo beans

Baked blue corn tortilla chips

Salsa (green and red)

Fruit and Veggies

Cereal for kids

Gluten Free Whole Oats

Freeze Dried Fruit

TJ's also sales good meats! We have a big family so I normally shop for meats & cheeses at my local HEB.