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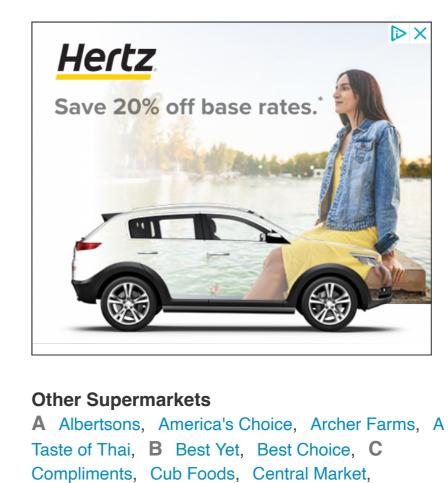
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100% Whole Grain Fiber Bread Whole Wheat Per 1 slice - Calories: 90kcal | Fat: 1.50g | Carbs: 19.00g | Protein: 5.00g 100% Whole Grain White Wheat Bread Per 1 slice - Calories: 90kcal | Fat: 0.50g | Carbs: 18.00g | Protein: 5.00g 100% Whole Wheat Low Fat Sprouted Whole Wheat Fiber Bread Meyer, Fry's, Fresh & Easy, Food Lion G Great Per 1 slice - Calories: 90kcal I Fat: 0.50g I Carbs: 19.00g I Protein: 5.00g Value, Giant Eagle, H Harris Teeter, Hannaford, Happy Harvest, HEB, Hy-Vee J Jewel-Osco, view more trader joe's bread products **Trader Joe's Cereal: Crisp Rice Cereal** Per 1 cup - Calories: 120kcal | Fat: 0.00g | Carbs: 26.00g | Protein: 2.00g **Bran Flakes** Per 3/4 cup - Calories: 100kcal | Fat: 0.50g | Carbs: 24.00g | Protein: 3.00g **Chocolate Almond Granola Cereal** Per 2/3 cup - Calories: 250kcal | Fat: 9.00g | Carbs: 38.00g | Protein: 6.00g **Cocoa Crunch Cereal** Per 1 cup - Calories: 150kcal | Fat: 1.00g | Carbs: 33.00g | Protein: 3.00g **Almond Butter Puffs Cereal** Per 1 cup - Calories: 200kcal | Fat: 10.00g | Carbs: 20.00g | Protein: 6.00g view more trader joe's cereal products **Trader Joe's Cheese:** 1,000 Day Gouda Cheese Per 1 oz - Calories: 120kcal | Fat: 10.00g | Carbs: 0.00g | Protein: 8.00g **4% Cottage Cheese** Per 1/2 cup - Calories: 110kcal | Fat: 5.00g | Carbs: 5.00g | Protein: 12.00g **Aged Kaas** Per 1 oz - Calories: 120kcal I Fat: 9.00g I Carbs: 1.00g I Protein: 7.00g **Aged Swiss Cheese** Per 1 slice - Calories: 110kcal | Fat: 9.00g | Carbs: 1.00g | Protein: 7.00g All Natural Fresh Mozzarella Cheese Per 1 oz - Calories: 70kcal | Fat: 5.00g | Carbs: 0.00g | Protein: 6.00g view more trader joe's cheese products **Trader Joe's Chicken: BBQ Chicken Teriyaki** Per 1 cup - Calories: 150kcal | Fat: 3.50g | Carbs: 11.00g | Protein: 18.00g **BBQ Flavored Chicken Skewers** Per 1 skewer - Calories: 140kcal | Fat: 3.00g | Carbs: 5.00g | Protein: 24.00g **All Natural Chicken** Per 1 breast - Calories: 150kcal | Fat: 4.50g | Carbs: 0.00g | Protein: 27.00g **All Natural Cubed All White Meat Chicken** Per 4 oz - Calories: 140kcal | Fat: 3.00g | Carbs: 0.00g | Protein: 26.00g **All Natural Chicken Fresh Breast Tenders** Per 4 oz - Calories: 120kcal | Fat: 1.00g | Carbs: 0.00g | Protein: 26.00g view more trader joe's chicken products **Trader Joe's Chips:** 

**Baked Potato Chips Salted** Per 20 chips - Calories: 120kcal | Fat: 3.00g | Carbs: 21.00g | Protein: 2.00g **Trader Joe's Chocolate: 100 Calorie 70% Cocoa Dark Chocolate Bars** Per 1 bar - Calories: 100kcal | Fat: 7.50g | Carbs: 8.00g | Protein: 1.50g 70% Dark Chocolate Wedges Per 2 pieces - Calories: 70kcal | Fat: 4.50g | Carbs: 6.00g | Protein: 1.00g

**100 Calorie Milk Chocolate Bars** 

**72% Cacao Dark Chocolate** 

**Trader Joe's Cookies:** 

**Baked Tortilla Chips** 

**Baked Blue Corn Salted Tortilla Chips** 

**Baked Lentil Chips Sea Salt & Black Pepper** 

**Baked Sour Cream & Onion Rice Crisps** 

Per 18 chips - Calories: 110kcal | Fat: 2.00g | Carbs: 22.00g | Protein: 3.00g

Per 22 chips - Calories: 120kcal | Fat: 2.50g | Carbs: 19.00g | Protein: 4.00g

Per 38 crisps - Calories: 120kcal | Fat: 3.50g | Carbs: 21.00g | Protein: 2.00g

Per 1 oz - Calories: 140kcal | Fat: 7.00g | Carbs: 18.00g | Protein: 2.00g

Per 1 bar - Calories: 100kcal | Fat: 6.00g | Carbs: 10.00g | Protein: 1.00g

Per 1 bar - Calories: 250kcal | Fat: 18.00g | Carbs: 18.00g | Protein: 4.00g

65% Cacao Dark Chocolate Single Origin Ecuador

100 Calorie Pack Chocolate Graham Toucan Cookies Per 1 pack - Calories: 100kcal | Fat: 3.00g | Carbs: 16.00g | Protein: 1.00g

**100 Calorie Pack Cinnamon Graham Toucan Cookies** Per 1 pack - Calories: 100kcal | Fat: 3.00g | Carbs: 16.00g | Protein: 1.00g

**100 Calorie Pack Oatmeal Chocolate Chip Cookies** Per 1 pack - Calories: 100kcal | Fat: 2.50g | Carbs: 18.00g | Protein: 1.00g **A Dozen Macarons Variés** Per 3 macarons - Calories: 120kcal | Fat: 5.00g | Carbs: 17.00g | Protein: 3.00g All Butter Shortbread Cookies with Apricot or Raspberry Filling Per 2 cookies - Calories: 140kcal | Fat: 8.00g | Carbs: 17.00g | Protein: 1.00g **Trader Joe's Crackers:** 

Per 1 pack - Calories: 100kcal | Fat: 4.00g | Carbs: 14.00g | Protein: 2.00g

Per 14 crackers - Calories: 140kcal | Fat: 6.00g | Carbs: 19.00g | Protein: 3.00g

Per 22 crackers - Calories: 140kcal | Fat: 6.00g | Carbs: 21.00g | Protein: 2.00g

Per 17 crackers - Calories: 150kcal | Fat: 8.00g | Carbs: 18.00g | Protein: 2.00g

**100 Calorie Pack Multigrain Crackers** 

**Bite Size Everything Crackers** 

12 Grain Mini Snack Crackers

**3 Seed Sweet Potato Crackers** 

**3 Seed Beet Crackers** 

**Trader Joe's Dips:** 

**Artichoke Jalapeno Dip** 

**Trader Joe's Dried Fruit:** 

**Banana Chips** 

**Ahi Tuna Steaks** 

**Alaskan Cod Pieces** 

**Alaskan Pink Salmon** 

**Blackberries** 

**Trader Joe's Juice:** 

**100% Pomegranate Juice** 

**100% Organic Carrot Juice** 

**California Premium Walnut Halves** 

**A Trio of Almonds** 

**Trader Joe's Pasta:** 

**Trader Joe's Pizza:** 

**4 Cheese Pizza** 

**Arugula Pizza** 

100% Whole Wheat Pizza Dough

**Bambino Pizza Formaggio** 

**Bambino Pepperoni Pizza** 

**Trader Joe's Salad Dressing:** 

**Caesar Dressing** 

**Trader Joe's Salads:** 

**Apple Chicken Salad** 

**Albacore Tuna Salad** 

**Antipasto Salad** 

**Trader Joe's Sauces:** 

**Alfredo Pasta Sauce** 

**Trader Joe's Seafood:** 

Cajun Salmon

**Breaded Shrimp** 

**Trader Joe's Snacks:** 

**Trader Joe's Soups:** 

**Barley Soup With Vegetables** 

**Beef Barley & Vegetable Soup** 

**Butternut Squash Soup** 

**Autumnal Harvest Soup** 

**Beef Pho Soup** 

**Trader Joe's Wraps:** 

**BBQ Chicken Wrap** 

**Chicken Caesar Wrap** 

**Buffalo Chicken Wrap** 

100% Whole Wheat Flour Tortillas

100% All Fruit Mango Fruit Bar

**Bacon Wrapped Scallops** 

**Argentinian Red Shrimp** 

**A Complete Salad Caesar Style** 

**A Complete Salad Baby Spinach** 

**Asian Style Spicy Peanut Vinaigrette** 

**Alaska Cod Fillets Wild Caught** 

**California Thompson Seedless Raisins** 

**Blenheim Variety Unsulfured Dried Apricots** 

**California Slab Apricots Blenheim Variety** 

Per 2 tbsp - Calories: 60kcal | Fat: 4.00g | Carbs: 2.00g | Protein: 3.00g 3 Pepper Salsa Per 2 tbsp - Calories: 20kcal | Fat: 1.00g | Carbs: 3.00g | Protein: 0.00g **5 Layer Dip** Per 2 tbsp - Calories: 35kcal | Fat: 2.00g | Carbs: 2.00g | Protein: 1.00g **Almond Dip** Per 2 tbsp - Calories: 70kcal | Fat: 6.00g | Carbs: 3.00g | Protein: 2.00g **Almond Chipotle Dip** 

Per 2 tbsp - Calories: 90kcal | Fat: 8.00g | Carbs: 4.00g | Protein: 2.00g

Per 1/4 cup - Calories: 120kcal | Fat: 0.00g | Carbs: 32.00g | Protein: 1.00g

Per 5 pieces - Calories: 110kcal | Fat: 0.00g | Carbs: 25.00g | Protein: 1.00g

Per 10 pieces - Calories: 100kcal | Fat: 0.00g | Carbs: 25.00g | Protein: 1.00g

Per 1/4 cup - Calories: 160kcal | Fat: 9.00g | Carbs: 19.00g | Protein: 1.00g **California Golden Raisins** Per 1/4 cup - Calories: 120kcal | Fat: 0.00g | Carbs: 32.00g | Protein: 1.00g **Trader Joe's Fish: Alaskan Cod Fillets** Per 4 oz - Calories: 90kcal | Fat: 0.00g | Carbs: 0.00g | Protein: 20.00g

**Trader Joe's Fruit: California Dried Persimmons** Per 5 slices - Calories: 110kcal | Fat: 0.00g | Carbs: 30.00g | Protein: 1.00g Calimyrna Figs Per 1/4 cup - Calories: 110kcal | Fat: 0.00g | Carbs: 26.00g | Protein: 1.00g **Blood Oranges** Per 1 blood orange - Calories: 70kcal | Fat: 1.00g | Carbs: 15.00g | Protein: 1.00g **A Fruitful Medley** 

100% Florida Grapefruit Juice Per 1 serving - Calories: 100kcal | Fat: 0.00g | Carbs: 23.00g | Protein: 1.00g 100% Pineapple Juice Per 1 can - Calories: 110kcal | Fat: 0.00g | Carbs: 27.00g | Protein: 0.00g **100% Cranberry Juice (Not from Concentrate)** Per 8 fl oz - Calories: 70kcal | Fat: 0.00g | Carbs: 16.00g | Protein: 0.00g **Trader Joe's Nuts:** 

Per 1/4 cup - Calories: 180kcal | Fat: 18.00g | Carbs: 4.00g | Protein: 4.00g

Per 1/4 cup - Calories: 180kcal | Fat: 16.00g | Carbs: 6.00g | Protein: 6.00g

50% Less Salt Dry Roasted & Salted Almonds

**Australian Macadamias Dry Roasted & Salted** 

**Artichoke Ravioli** Per 1 cup - Calories: 190kcal | Fat: 6.00g | Carbs: 26.00g | Protein: 9.00g **Arugula & Parmigiano Reggiano Ravioli** Per 1 cup - Calories: 230kcal | Fat: 10.00g | Carbs: 26.00g | Protein: 9.00g **Blackened Chicken Breast Fettuccine Alfredo** Per 1/2 package - Calories: 430kcal | Fat: 21.00g | Carbs: 39.00g | Protein: 21.00g 3 Cheese Vegetable Ravioli Per 1 cup - Calories: 170kcal | Fat: 6.00g | Carbs: 22.00g | Protein: 9.00g 4 Cheese Ravioli Per 1 cup - Calories: 250kcal | Fat: 10.00g | Carbs: 31.00g | Protein: 9.00g

Per 2 oz - Calories: 120kcal | Fat: 1.50g | Carbs: 24.00g | Protein: 3.00g

Per 1/3 pizza - Calories: 310kcal | Fat: 9.00g | Carbs: 42.00g | Protein: 14.00g

**Balsamic Vinaigrette** Per 2 tbsp - Calories: 90kcal I Fat: 6.00g I Carbs: 7.00g I Protein: 0.00g **Basil Salad Dressing** Per 1 container - Calories: 90kcal | Fat: 9.00g | Carbs: 1.00g | Protein: 0.00g **Almond Butter Tumeric Salad Dressing** Per 2 tbsp - Calories: 60kcal | Fat: 4.00g | Carbs: 4.00g | Protein: 2.00g view more trader joe's salad dressing products

Per 1 container - Calories: 660kcal | Fat: 41.00g | Carbs: 34.00g | Protein: 38.00g

Per 1 1/2 cups with dresssing - Calories: 130kcal | Fat: 7.00g | Carbs: 13.00g | Protein: 6.00g

Per 1 cup with dressing - Calories: 280kcal | Fat: 22.00g | Carbs: 19.00g | Protein: 4.00g

Per 1/2 cup - Calories: 250kcal | Fat: 21.00g | Carbs: 3.00g | Protein: 11.00g

Per 1 1/4 cup - Calories: 150kcal | Fat: 12.00g | Carbs: 3.00g | Protein: 6.00g

Per 1/4 cup - Calories: 80kcal | Fat: 6.00g | Carbs: 3.00g | Protein: 2.00g **All Natural Barbecue Sauce** Per 2 tbsp - Calories: 45kcal | Fat: 0.00g | Carbs: 11.00g | Protein: 0.00g **Aioli Garlic Mustard Sauce** Per 1 tsp - Calories: 15kcal | Fat: 1.00g | Carbs: 0.00g | Protein: 0.00g "Just Sauce" Turkey Bolognese Per 1/2 cup - Calories: 120kcal | Fat: 6.00g | Carbs: 6.00g | Protein: 9.00g **Amba Mango Sauce** Per 2 tbsp - Calories: 25kcal | Fat: 2.00g | Carbs: 2.00g | Protein: 0.00g

Per 3 pieces - Calories: 180kcal | Fat: 14.00g | Carbs: 5.00g | Protein: 9.00g

Per 4 oz - Calories: 200kcal | Fat: 12.00g | Carbs: 0.00g | Protein: 22.00g

Per 6 shrimp - Calories: 60kcal | Fat: 0.50g | Carbs: 0.00g | Protein: 14.00g

Per 1 package - Calories: 310kcal | Fat: 15.00g | Carbs: 5.00g | Protein: 41.00g

Per 1/3 package - Calories: 260kcal | Fat: 16.00g | Carbs: 13.00g | Protein: 7.00g

**Argentinian Red Shrimp with Ginger Garlic Butter** 

Per 1 bar - Calories: 60kcal | Fat: 0.00g | Carbs: 13.00g | Protein: 1.00g **100% All Fruit Passion Fruit Bar** Per 1 bar - Calories: 50kcal | Fat: 0.00g | Carbs: 12.00g | Protein: 0.00g 100% All Fruit Pineapple Fruit Bar Per 1 bar - Calories: 60kcal | Fat: 0.00g | Carbs: 13.00g | Protein: 0.00g 100% All Fruit Raspberry Fruit Bar Per 1 bar - Calories: 50kcal | Fat: 0.00g | Carbs: 12.00g | Protein: 1.00g 100% All Fruit Strawberry Fruit Bar Per 1 bar - Calories: 50kcal | Fat: 0.00g | Carbs: 12.00g | Protein: 0.00g

Per 1 cup - Calories: 90kcal | Fat: 2.00g | Carbs: 16.00g | Protein: 2.00g

**Trader Joe's Vegetables: Antipasto Mediterranean Vegetables** Per 1/4 cup - Calories: 60kcal | Fat: 5.00g | Carbs: 3.00g | Protein: 0.00g **Artichoke Hearts** Per 1/2 cup - Calories: 45kcal | Fat: 0.00g | Carbs: 7.00g | Protein: 2.00g **Asian Style Vegetables With Stir Fry Sauce** Per 1 portion - Calories: 60kcal | Fat: 0.00g | Carbs: 7.00g | Protein: 3.00g **Asian Vegetable Stir Fry (112g)** Per 1/4 package - Calories: 60kcal | Fat: 0.00g | Carbs: 7.00g | Protein: 3.00g **Asian Vegetable Stir Fry (85g)** Per 1/2 cup - Calories: 25kcal | Fat: 0.00g | Carbs: 5.00g | Protein: 1.00g

Per 1/2 wrap - Calories: 220kcal | Fat: 4.50g | Carbs: 22.00g | Protein: 22.00g

**Trader Joe's Yogurt: Bananas & Cream Yogurt** Per 1 container - Calories: 140kcal | Fat: 6.00g | Carbs: 18.00g | Protein: 4.00g **Blueberries & Cream Yogurt** Per 1 container - Calories: 140kcal | Fat: 6.00g | Carbs: 19.00g | Protein: 4.00g 2% Greek Yogurt Per 1 cup - Calories: 170kcal | Fat: 4.50g | Carbs: 10.00g | Protein: 22.00g **Alphonso Mango Lassi** Per 8 fl oz - Calories: 140kcal | Fat: 2.00g | Carbs: 27.00g | Protein: 4.00g **0% Greek Yogurt** 

Per 3/4 cup - Calories: 110kcal | Fat: 0.00g | Carbs: 7.00g | Protein: 17.00g

<u>Almonds</u> **Beans Beef Candies Cheddar Cheese Chicken Breast Curries Dark Chocolate Desserts** <u>Milk</u> <u>Muffins</u> Pasta Sauce **Pies Potatoes Rice** <u>Salsa</u> <u>Sausages</u> **Spreads Trail Mix Find Trader Joe's Products:** 

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Per 4 squares - Calories: 240kcal | Fat: 16.00g | Carbs: 20.00g | Protein: 3.00g view more trader joe's chocolate products view more trader joe's cookies products

Per 17 crackers - Calories: 160kcal | Fat: 9.00g | Carbs: 17.00g | Protein: 2.00g view more trader joe's crackers products view more trader joe's dips products

view more trader joe's dried fruit products Per 4 oz - Calories: 120kcal | Fat: 1.00g | Carbs: 0.00g | Protein: 28.00g Per 4 oz - Calories: 90kcal | Fat: 1.00g | Carbs: 0.00g | Protein: 20.00g Per 1/4 cup - Calories: 90kcal | Fat: 5.00g | Carbs: 0.00g | Protein: 12.00g Per 4 oz raw - Calories: 80kcal I Fat: 0.00g I Carbs: 0.00g I Protein: 17.00g view more trader joe's fish products

Per 5 oz - Calories: 60kcal | Fat: 0.00g | Carbs: 16.00g | Protein: 1.00g Per 1 serving - Calories: 62kcal | Fat: 1.00g | Carbs: 15.00g | Protein: 2.00g view more trader joe's fruit products Per 8 fl oz - Calories: 140kcal I Fat: 0.00g I Carbs: 35.00g I Protein: 1.00g Per 1 cup - Calories: 80kcal | Fat: 1.00g | Carbs: 16.00g | Protein: 2.00g

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Per 1/4 cup - Calories: 220kcal | Fat: 23.00g | Carbs: 4.00g | Protein: 2.00g Per 1/4 cup - Calories: 200kcal | Fat: 15.00g | Carbs: 9.00g | Protein: 8.00g 50% Less Salt Dry Roasted & Salted Pistachios Per 1/2 cup (with shells on while measuring) - Calories: 170kcal | Fat: 14.00g | Carbs: 8.00g | Protein: 6.00g view more trader joe's nuts products

Per 1/3 pizza - Calories: 330kcal | Fat: 12.00g | Carbs: 38.00g | Protein: 16.00g Per 1 pizza - Calories: 250kcal | Fat: 9.00g | Carbs: 30.00g | Protein: 11.00g Per 1 pizza - Calories: 280kcal | Fat: 12.00g | Carbs: 31.00g | Protein: 13.00g view more trader joe's pizza products Per 2 tbsp - Calories: 70kcal | Fat: 4.00g | Carbs: 9.00g | Protein: 1.00g Per 2 tbsp - Calories: 70kcal | Fat: 8.00g | Carbs: 0.00g | Protein: 0.00g

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view more trader joe's salads products

view more trader joe's snacks products Per 1 cup - Calories: 110kcal | Fat: 3.00g | Carbs: 19.00g | Protein: 3.00g Per 1 container - Calories: 200kcal | Fat: 1.00g | Carbs: 32.00g | Protein: 14.00g Per 1 cup - Calories: 150kcal | Fat: 8.00g | Carbs: 20.00g | Protein: 3.00g Per 1 bowl - Calories: 220kcal | Fat: 4.50g | Carbs: 34.00g | Protein: 13.00g view more trader joe's soups products

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Per 1 tortilla - Calories: 160kcal | Fat: 5.00g | Carbs: 24.00g | Protein: 6.00g Per 1/2 wrap - Calories: 230kcal | Fat: 7.00g | Carbs: 24.00g | Protein: 18.00g Per 1 wrap - Calories: 470kcal | Fat: 13.00g | Carbs: 43.00g | Protein: 49.00g **Buffalo Style Chicken Breast Wrap with Blue Cheese Dressing** Per 1/2 wrap - Calories: 360kcal | Fat: 19.00g | Carbs: 29.00g | Protein: 17.00g view more trader joe's wraps products

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<u>Cakes</u>

**Chicken Salad** 

**Ice Creams** 

**Pastries** 

**Salmon** 

**Steak** 

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