

## trader joe's

### fruits & vegetables

—	bag	arugula
—		avocados
—	box	blueberries
—	bag	carrots
—	bag	celery
—		fresh garlic
—	bag	fruit (frozen)
—		lemons
—		limes

### dairy & eggs

—	dzn	eggs
—	qts	milk
—	box	salted butter
—	box	unsalted butter

—	btl	green salsa
—	btl	honey
—	btl	italian evoo
—	btl	maple syrup
—	can	no salt diced tomatoes
—	btl	peanut butter
—	btl	peanut butter
—	bag	powdered sugar
—	can	pumpkin
—	btl	red wine vinegar
—	btl	rice vinegar

### chocolate, cookies & crackers

—	bag	chia seeds
—	bar	chocolate bars
—	box	chocolate candies

melon

oranges

—	lbs	potatoes
—	box	raspberries
—	lbs	red onions
—	box	strawberries
—	lbs	sweet potatoes
—	lbs	yellow onions

### cheese & crackers

—	pkg	brie
—	ozs	cheddar (for grating)
—	box	feta
—	oz	gruyere (for grating)
—	oz	mozzarella (for grating)
—	oz	parmesan (grated)
—	oz	swiss (for grating)

### coffee & tea

—	box	hot chocolate mix
—	can	matcha mix

### nuts & dried fruit

—	box	dried fruit
—	bag	flaked coconut
—	bag	peanuts
—	bag	pecans
—	bag	raw almonds
—	bag	raw pecans
—	bag	raw pumpkin seeds
—	bag	raw sunflower seeds
—	bag	walnuts

—	can	sardines
—	btl	spanish evoo
—	can	tomato paste
—	can	trout
—	btl	vanilla extract
—	box	vegetable broth
—	can	whole plum tomatoes
—	btl	worcestershire sauce

### staples

—	btl	almond butter
—	btl	almond butter
—	btl	almond extract
—	btl	apple cider vinegar
—	btl	avocado oil
—	btl	balsamic vinegar
—	box	beef broth
—	can	black beans
—	bag	bread crumbs

### bread

—	bag	grits
—	bag	steel cut oats

—	bag	brown sugar
—	bag	cane sugar
—	btl	capers
—	box	chicken broth
—	can	coconut cream
—	btl	coconut oil
—	bag	demerara cane sugar
—	can	diced & fire rstd tomatoes
—	btl	dijon mustard
—	can	garbanzo beans
—	btl	grainy mustard

### pharmacy

—	btl	veggie wash
---	-----	-------------