

Trader Joe's Shopping List

This list includes foods that fit the JumpstartMD program. Some items may vary in availability, and other suitable options may also exist. Vegan-friendly products are marked with a (V). If you haven't yet reviewed the Box Tracking System (covered at Visit 3), ignore the Protein (Pro), Carbohydrate (Carb), and Healthy Fat (Fat) labels and below descriptor for now.

If you prefer a more detailed tracking approach, your JumpstartMD Clinician or Health Coach can help tailor a plan. You can also ask Rumi questions about tracking, nutrition content and more on the JumpstartMD App. Most members achieve strong results using this simplified, easy-to-follow system.

How to Track Macronutrient Boxes

Use nutrition labels and the JumpstartMD box counting system to track servings of Protein, Carbohydrate, and Healthy Fat. Each box equals approximately:

- » 10 grams of protein, carbs, or fat per one box
- » 5 grams of protein, carbs, or fat per half box

To determine total boxes of a given macronutrient, round up or down to the nearest 5 or 10 gram increment.

Many foods tracked as protein (like meat, seafood, eggs, and dairy) may also contain fat or carbs. Similarly, foods tracked as healthy fats (like nuts, seeds, and avocado) often contain some protein or carbs. To keep things simple:

- » **Only track carbs** from approved fruits and vegetables
- » **Only track fats** from listed "Healthy Added Fats" (e.g., oils, butter, cream, nuts, seeds, avocado)

MEAT/ SEAFOOD			Box Count		
Product	Brand	Serving	PRO	CARB	FAT
Branzino Fillets (frozen)	Trader Joe's	1 fillet	2	0	0
Fresh Atlantic Salmon Fillet (refrigerated)	Trader Joe's	4 oz	2.5	0	0
Ground Beef patties (refrigerated)	Trader Joe's	1 patty	2	0	0
No Sugar Dry Rubbed Uncured Bacon (refrigerated)	Trader Joe's	2 slices	1	0	0
Organic Ground Beef 85/15 (refrigerated)	Trader Joe's	1 patty	2	0	0
Organic Hickory Smoked Turkey Breast (deli)	Trader Joe's	2 slices	1	0	0
Pasture Raised Heirloom Ground Chicken (refrigerated)	Trader Joe's	4 oz	2	0	0
Premium Angus Beef Flank Steak (refrigerated)	Trader Joe's	4 oz	2.5	0	0
Salame Di Parma Mild Salami (deli)	Trader Joe's	4 slices	1	0	0
Solid White Albacore Tuna	Trader Joe's	1 can	3	0	0
Sweet Apple Chicken Sausage (refrigerated)	Trader Joe's	1 link	1	2	0
Sweet Italian Chicken Sausage (refrigerated)	Trader Joe's	1 link	1.5	0	0
Turkey Burger (frozen)	Trader Joe's	1 burger	2	0	0
Uncured Apple Smoked Bacon (refrigerated)	Trader Joe's	1 cooked slice	0.5	0	1
Uncured Black Forest Ham (deli)	Trader Joe's	4 slices	1	0	0
Uncured Dry Rubbed Bacon (refrigerated)	Trader Joe's	2 slices	0.5	0	1
Uncured Turkey Bacon (refrigerated)	Trader Joe's	1 slice	0.5	0	0

Product	Brand	Serving	PRO	CARB	FAT
Wild Raw Argentinian Red Shrimp (frozen)	Trader Joe's	6 frozen shrimp	1	0	0
Wild Skipjack Tuna	Trader Joe's	1 pouch	2	0	0

Please see "Protein" in your QuickStart Guide for additional protein options!

DAIRY

All Natural Fresh Mozzarella Cheese	Trader Joe's	1 oz	0.5	0	0
Crumbled Feta	Trader Joe's	2 tbsp	0.5	0	0
Crumbled Goat Cheese	Trader Joe's	1 oz	0.5	0	0
Grass Fed Butter	Kerry Gold	1 tbsp	0	0	1
Greek Whole Milk Yogurt	Trader Joe's	¾ cup	0.5	0	0
Mascarpone	Trader Joe's	1 tbsp	0	0	0.5
Organic Shredded Cheeses (all varieties)	Trader Joe's	¼ cup	0.5	0	0
Ricotta Cheese	Trader Joe's	¼ cup	0.5	0	0
Shredded Lite Mozzarella	Trader Joe's	1 oz	0.5	0	0
Sliced Cheeses (all varieties)	Trader Joe's	1 slice	0.5	0	0
Small Curd Cottage Cheese	Trader Joe's	½ cup	1	0	0

If "dairy free" check out the "Vegetarian/Vegan" section for dairy free alternatives!

VEGETABLES FROZEN OR REFRIGERATED

Artichoke Timbales (frozen)	Trader Joe's	1 piece	0	1	0
Asian Style Vegetables w/Stir Fry Sauce (frozen) (V)	Trader Joe's	¼ package	0	0.5	0
Broccoli Slaw (refrigerated)	Trader Joe's	1¼ cup	0	1	0
Riced Cauliflower (refrigerated)	Trader Joe's	1 cup	0	1	0
Stir Fried Garlicky Cabbage (refrigerated) (V)	Trader Joe's	1 cup	0	1	0

See additional produce options in the QuickStart Guide!

VEGETABLES FRESH

Arugula (V)		Free	0	0	0
Bok Choy (V)		Free	0	0	0
Cauliflower Florets (V)		½ cup	0	1	0
Celery Heart (V)		Free	0	0	0
Cucumbers (V)		½ cup	0	1	0
Kale (V)		½ cup	0	1	0
Mushrooms, Raw (V)		Free	0	0	0
Red Bell Pepper (V)		½ cup	0	1	0
Red Butter Lettuce (V)		Free	1	1	0

Product	Brand	Serving	PRO	CARB	FAT
Tomatoes (V)		1/2 cup	0	1	0
Yellow Squash (V)		1/2 cup	0	1	0
Zucchini Squash (V)		1/2 cup	0	1	0

See additional produce options in the QuickStart Guide!

FRUIT

Blackberries (V)		1/2 cup	0	1	0
Blueberries (V)		1/2 cup	0	1	0
Raspberries (V)		1/2 cup	0	1	0
Organic Freeze- Dried Strawberries (V)	Trader Joe's	1/3 bag	0	1	0
Organic Freeze- Dried Berry Medley (V)	Trader Joe's	1/3 bag	0	1	0
Strawberries (V)		1/2 cup	0	1	0

Try these frozen if desired!

HEALTHY FATS

50% Less Salt Roasted & Salted Peanuts (V)	Trader Joe's	¼ cup	0	0	1.5
Buffalo Style Seased Almonds	Trader Joe's	10 nuts	0	0	1.5
Creamy Salted Peanut Butter (V)	Trader Joe's	2 tbsp	0	0	1.5
Crunchy Almond Butter (V)	Trader Joes	2 tbsp	0	0	1.5
Everything but the Bagel Nut Duo	Trader Joe's	¼ cup	0	0	1.5
Garlic & Black Pepper Almonds	Trader Joe's	10 nuts	0	0	1.5
Marcona Almonds with Rosemary	Trader Joe's	10 nuts	0	0	0
Marcona Almonds with Truffle	Trader Joe's	10 nuts	0	0	1
Old Fashioned Blister Peanuts (V)	Trader Joe's	¼ cup	0	0	1.5
Olive & Herb Mixed Nuts (V)	Trader Joe's	¼ cup	0	0	1.5
Organic Creamy Peanut Butter (V)	Trader Joe's	2 tbsp	0	0	1.5
Sun Butter (V)	Trader Joe's	2 tbsp	0	0	1.5

VEGETARIAN/ VEGAN

Cashew Cultured Yogurt Alternative (V)	Trade Joe's	¾ cup	0	0	1
Chickenless Crispy Tenders (V)	Trader Joe's	3 pieces	1	1	0
Dairy Free Cheddar Style Slices (V)	Trader Joe's	1 slice	0	0	0.5
Dairy Free Shredded Spicy Mexican Cheese (V)	Trader Joe's	¼ cup	0	0.5	0.5
Korean Beefless Bulgogi (frozen) (V)	Trader Joe's	⅓ package	1.5	0	0
Meatless Ground (frozen) (V)	Trader Joe's	¼ package	2	0	0
Organic 3 Grain Tempeh (refrigerated) (V)	Trader Joe's	3 oz	2	0	0

Product	Brand	Serving	PRO	CARB	FAT
Organic Baked Tofu Teriyaki Flavor (refrigerated) (V)	Trader Joe's	1 piece	1.5	0	0
Organic Firm Tofu (refrigerated) (V)	Trader Joe's	3 oz	1	0	0
Shelled Edamame (refrigerated) (V)	Trader Joe's	½ cup	1	0	0
Sriracha Baked Tofu (refrigerated) (V)	Trader Joe's	1 piece	1.5	0	0
Vegan Buffalo Style Dip (V)	Trade Joe's	2 tbsp	0	0	0
Vegan Feta Cheese Alternative (V)	Trader Joe's	1 oz	0	0	1

FROZEN PREPARED MEALS

Argentinian Red Shrimp w/Ginger Garlic Butter (frozen)	Trader Joe's	1 package	4	0	0
Balsamic Rosemary Beef Steak Tips (refrigerated)	Trader Jos's	4 oz	2	0	0
Beef Birria (frozen)	Trader Joe's	1 cup	3	0	0
Dill-icious Seasoned Cold-Smoked Salmon (refrigerated)	Trader Joe's	2 slices	1	0	0
Egg Frittata	Trader Joe's	2 frittatas	2	0	0
Eggwich Breadless Breakfast Sandwich	Trader Joe's	1 sandwich	1.5	0	0
Everything But The Bagel Smoked Salmon (refrigerated)	Trader Joe's	2 slices	1	0	0
Fully Cooked Pork Belly (refrigerated)	Trader Joe's	3 oz	1	0	0
Italian Style Meatballs (frozen)	Trader Joe's	2 meatballs	1	0	
Lightly Smoked Sardines	Trader Joe's	1 can	2	0	0
Mahi Mahi Burger (frozen)	Trader Joe's	1 oz	1	0	0
Mexican Style Riced Cauliflower (V)	Trader Joe's	1 cup	0	0.5	0
Organic Chicken Nuggets (refrigerated)	Trader Joe's	4 piece	1	1	0
Premium Salmon Burgers (frozen)	Trader Joe's	1 burger	1.5	0	0
Riced Cauliflower Bowl (V)	Trader Joe's	1 cup	0	1	0
Riced Cauliflower Stir Fry (V)	Trader Joe's	1 cup	0	0.5	0
Shiitake Mushroom Chicken (frozen)	Trader Joe's	1 cup frozen	2	1	0
Spatchcocked Rosemary Chicken (refrigerated)	Trader Joe's	4 oz	1.5	0	0
Sundried Tomato and Basil Chicken Tenders (refrigerated)	Trader Joe's	4 oz	2.5	0	0

GRAB AND GO MEALS

Cauliflower Tabbouleh (V)	Trader Joe's	1 cup	0	1	0
Dill-icious Chopped Salad Kit (w/ dressing)	Trader Joe's	1 cup	0	0.5	0
Egg Bites Cheddar Cheese and Bacon	Trader Joe's	1 package	1.5	0.5	0
Egg Bites Cheese, Spinach & Kale	Trader Joes	1 package	1	0	0
Italian Style Wedding Soup	Trader Joe's	1 cup	0.5	1.5	0
Kettle Cooked Chicken Soup	Trader Joe's	1 cup	1.5	0	0

Product	Brand	Serving	PRO	CARB	FAT
Korean Style Beef Short Ribs (frozen)	Trader Joe's	1 piece	2	0	0
Lemony Arugula Basil Salad Kit	Trader Joe's	1 cup	0	1	1.5
Mexican- Style Riced Cauliflower (frozen) (V)	Trader Joe's	1 cup	0	0.5	0
Organic Caesar Salad Kit	Trader Joe's	1 cup	0	1	1.5
Organic Free Range Chicken Broth	Trader Joe's	1 cup	0	0	0
Organic Hearty Minestrone Soup	Trader Joe's	1 cup	0	1.5	0
Organic Mediterranean Style Salad Kit	Trader Joes	1 cup	0	1	0
Pomodoro Cremoso Salad Kit (w/ dressing)	Trader Joe's	1¾ cup	0	1	0
Southwestern Chopped Salad Kit	Trader Joe's	1 cup	0	1	0
Unexpected Cheddar Broccoli Soup	Trader Joe's	1 cup	1	1	0

LOW CARB ALTERNATIVES

Cauliflower Pizza Crust	Trader Joe's	1 crust	1	0	0
Cauliflower Slims	Trader Joe's	1 slim	1	0	0
Egg Wraps	Trader Joe's	2 wraps	1	0	0
Folios Cheese Wraps	Folios	1 wrap	1	0	0
Hearts of Palm Pasta (V)	Trader Joe's	½ package	0	0.5	0
Jicama Wraps (V)	Trader Joe's	1 wrap	0	0	0
Mashed Cauliflower (frozen)	Trader Joe's	1 cup	0	1	0
Pizza Bread Cheese	Trader Joe's	1 oz (1 cube)	0.5	0	0
Riced Cauliflower (fresh) (V)	Trader Joe's	1 cup	0	1	0
Riced Hearts of Palm (V)	Trader Joe's	½ package	0	0.5	0

See "Snacks" for other alternatives to higher carb foods you might miss!

SNACKS

Cauliflower Crisps (V)	Trader Joe's	12 crisps	0	2	0
Chomps Beef Sticks	Chomps	1 stick	1	0	0
Chomps Turkey Sticks	Chomps	1 stick	1	0	0
Grilled Pitted Green Olives (V)	Trader Joe's	2 olives	0	0	0.5
Marinated Artichoke Hearts (V)	Trader Joe's	1 bag	0	0.5	0
Organic Roasted Seaweed (V)	Trader Joe's	1 package	0	0	0
Oven Baked Cheese Bites	Trader Joe's	½ package	1.5	0	0
Prosciutto and Cheese	Creminelli	1 piece	1	0	0
Super Seedy Cheese Snack Bites	Trader Joe's	7 piece	1.5	0	0

See other section such as "Healthy Fats" for additional snack option

Product	Brand	Serving	PRO	CARB	FAT
CONDIMENTS/ DIPS					
Almond Chipotle Dip (V)	Trader Joe's	2 tbsp	0	0	1
Artichoke & Jalapeno Dip	Trader Joe's	2 tbsp	0	0	0
Buffalo Chicken Dip	Trader Joe's	2 tbsp	0	0	0.5
Cracked Olive Salad (V)	Trader Joe's	2 tbsp	0	0	0
Everything And The Elote Yogurt Dip	Trader Joe's	2 tbsp	0	0	0.5
Homestyle Salsa (V)	Trader Joe's	2 tbsp	0	0	0
Pimento Cheese Dip	Trader Joe's	2 tbsp	0.5	0	1
Roasted Red Bell Pepper Hummus (V)	Trader Joe's	2 tbsp	0	0	0
Sauerkraut with Pickled Persian Cucumbers (V)	Trader Joe's	2 tbsp	0	0	0
Vegan Creamy Dill Dressing (V)	Trader Joes	2 tbsp	0	0	0
Vegan Kale, Cashew, & Basil Pesto (V)	Trader Joe's	2 tbsp	0	0	2
BEVERAGES					
Absolutely Acerola Juice Shot (V)	Trader Joe's	1 bottle	0	0	0
Chocolate Hazelnut Ground Coffee (V)	Trader Joes	8 oz	0	0	0
Cold Brew Coffee Concentrate (V)	Trader Joe's	8 oz (mixed)	0	0	0
Cold Brew Coffee Ready to Drink (V)	Trader Joe's	12 fl oz	0	0	0
Green Tea Blueberry & Pomegranate Unsweetened (V)	Trader Joe's	12 fl oz	0	0	0
Italian Sparkling Mineral Water (V)	Trader Joes	12 fl oz	0	0	0
Matcha Green Tea Powder (V)	Trader Joe's	1 packet	0	0	0
Organic Bone Broth Free Range Chicken	Trader Joe's	8 oz	1	0	0
Organic Bone Broth Grass Fed Beef	Trader Joe's	8 oz	1	0	0
Organic Mighty Turmeric Juice Shot (V)	Trader Joe's	1 bottle	0	0	0
Organic No Joke Ginger Juice Shot (V)	Trader Joe's	1 bottle	0	0	0
Organic Unsweetened Almond Beverage (V)	Trader Joe's	1 cup	0	0	0
Seltzer Water flavored with Lemon and Ginger Juice (V)	Trader Joe's	1 can	0	0	0
Sparkling Water (Any flavor) (V)	Trader Joe's	1 can	0	0	0
Unsweetened Almond, Cashew, Macadamia Nut (V)	Trader Joe's	1 cup	0	0	0
DESSERTS/ SWEETENERS					
Liquid Stevia (V)	Trader Joe's	4 drops	0	0	0
85% Cacao Bar (V)	Trader Joe's	1/3 bar	0	1	1

This list highlights JumpstartMD-compatible food options available at Trader Joe's but is not exhaustive. Feel free to explore additional program aligned choices, and consult Rumi, your JumpstartMD Clinician, or your Health Coach for further guidance.