

# The Ultimate Trader Joe's Low Carb Shopping List

*mylifewelloved.com*

## Trader Joe's Low Carb Frozen Foods

- Chili Lime Burger (Net Carbs = 1g)
- Uncooked Ground Buffalo Burgers (Net Carbs = 0g)
- Grass Fed Angus Beef Burgers (Net Carbs = 0g)
- Turkey Burger (Net Carbs = 0g)
- Turkey Meatballs Fully Cooked (Net Carbs = 3g)
- Mahi Mahi Burger (Net Carbs = 1g)
- Premium Salmon Burgers (Net Carbs = 3g)
- Simply Seasoned Tuna Burgers (Net Carbs = 4g)
- Wild Caught Crab Meat with Nothing Added (Net Carbs = 0g)
- Crab Cakes (Net Carbs = 3g)
- Rice Cauliflower Stir Fry (Net Carbs = 5g)
- Mashed Cauliflower (Net Carbs = 5g)
- Organic Riced Cauliflower (Net Carbs = 2g)
- Cauliflower & Broccoli Vegetable Patties (Net Carbs = 11g)
- Cauliflower Pizza Crust (Net Carbs = 16g)
- Broccoli & Kale Pizza Crusts (Net Carbs = 15g)
- Palak Paneer (Net Carbs = 4g)
- Zucchini Spirals (Net Carbs = 2g)
- Carrot Spirals (Net Carbs = 6g)
- Fire Roasted Vegetables with Balsamic Butter Sauce (Net Carbs = 4g)
- Misto Alla Griglia (Marinated Grilled Eggplant, Zucchini, Red Peppers) (Net Carbs = 3g)
- Saucy Scallops with Mushrooms (Net Carbs = 7g)
- Creamy Spinach & Artichoke Dip (Net Carbs = 2g)
- Other Frozen Vegetables, Seafood, and Meat

## Trader Joe's Low Carb Pantry Staples

- Salsa Autentica (Net Carbs = 2g) // Salsa Verde (Net Carbs = 2g)
- Coconut Milk (Net Carbs = 3g)
- Almond Flour (Net Carbs = 2g)
- Avocado Oil // Olive Oil // Coconut Oil Spray // Coconut Oil Packets (Net Carbs = 0g)
- Organic Stevia Extract (Net Carbs = 1g) // Organic Liquid Stevia (Net Carbs = 0g)
- Kosher Dill Pickles (Net Carbs = 0g)
- Wild Caught Skinless & Boneless Sardines in Olive Oil (Net Carbs = 0g)
- Canned Tuna (Net Carbs = 0g)
- Tomato Basil Marinara Sauce (Net Carbs = 7g)
- Organic Beef Bone Broth (Net Carbs = 0g)
- Raw Almond Butter Creamy (Net Carbs = 3g)
- Montezuma's 100% Cocoa Solids Dark Chocolate Absolute Black with Cocoa Nibs (Net Carbs = 2g)

- Tartar Sauce with Dill & Jalapeño (Net Carbs = 2g)
- Marinated Artichoke Hearts (Net Carbs = 2g)
- Queso Cheese Dip (Net Carbs = 3g)
- Everything But The Bagel Seasoning (Net Carbs = 0g)

### **Trader Joe's Low Carb Snacks**

- Gluten Free Norwegian Crispbread (Net Carbs = 3g)
- Chomp Sticks (Net Carbs = 0g)
- Chicken Sriracha Epic Bars (Net Carbs = 0g) // *Other flavors are low carb too!*
- Parsnip Chips (Net Carbs = 6g)
- Seasoned Kale Chips (Net Carbs = 5g)
- Manzanilla Olives (Net Carbs = 0g)
- Wasabi Roasted Seaweed Snack (Net Carbs = 0g)
- Oven-Baked Cheese Bites (Net Carb = 1g)
- Organic Coconut & Sesame Seed Clusters (Net Carbs = 5g)

### **Trader Joe's Low Carb Nuts**

- Oregon Hazelnuts (Net Carbs = 2g)
- Fancy Mixed Nuts (Net Carbs = 3g)
- Raw Almonds (Net Carbs = 3g) - *Other nuts are low carb too just be sure to double check the fiber!*
- Chia Seeds (Net Carbs = 0g)
- Flax Seeds (Net Carbs = 0g)
- Sesame Seeds (Net Carbs = 0g)

### **Trader Joe's Low Carb Fresh Finds**

- Prosciutto (Net Carbs = 0g)
- Avocado's Number Guacamole (Net Carbs = 2g)
- Pepperonis (Net Carbs = 0g)
- Reduced Carb Whole Wheat Tortillas (Net Carbs = 3g)
- Organic Broccoli Slaw Mix (Net Carbs = 3g)
- Harvest Salad with Grilled Chicken w/ Dressing (Net Carbs = 11g)
- Egg Salad (Net Carbs = 3g)
- Egg White Salad w/ Chives (Net Carbs = 3g)
- Cobb Salad w/ Dressing (Net Carbs = 6g)
- Italian Style Turkey Meatloaf Topped w/ Tomato Sauce (Net Carbs = 10g)
- Mediterranean Hummus (Net Carbs = 4g)
- Curried Carrot & Cashew Dip (Net Carbs = 4g)

### **Trader Joe's Low Carb Dairy Products**

- Kerrygold Butter (Net Carbs = 0g)
- Roasted Garlic & Herb Butter Spread (Net Carbs = 0g)
- Coconut Creamer Non-Dairy (Net Carbs = 1g)
- Small Curd Cottage Cheese (Net Carbs = 3g)
- Organic Sour Cream (Net Carbs = 2g)
- Mini Babybel Original (Net Carbs = 0g)

- Fresh Mozzarella Cheese Sticks (Net Carbs = 0g)
- Volpi Roltini Mozzarella and Prosciutto Ham (Net Carbs = 1g)
- Truffle Mousse Paté Made with Chicken (Net Carbs = 1g)

### **Trader Joe's Low Carb Meat & Seafood**

- Sun-Dried Tomato Basil Chicken Sausage (Net Carbs = 3g)
- Uncured Pork and Beef Hot Link Sausages (Net Carbs = 2g)
- Pollo Asado Autentico (Net Carbs = 4g)
- Pesto Genovese Chicken Breast (Net Carbs = 4g)
- Carne Asada Autentica (Net Carbs = 3g)
- Traditional Carnitas (Net Carbs = 1g)
- Fully Cooked Uncured Bacon (Net Carbs = 0g)
- Fully Cooked Pork Belly (Net Carbs = 0g)
- Braised Beef Roast with Demi Glace (Net Carbs = 5g)
- Grass Fed Beef Sirloin Roast (Net Carbs = 2g)
- Cage Free Fresh Hard-Cooked Peeled Eggs (Net Carbs = 0g)
- Beef
- Pork
- Chicken
- Turkey
- Bison
- Eggs
- Wild Fatty Fish

### **Trader Joe's Low Carb Produce**

- Lettuce
- Spinach
- Arugula
- Chard
- Kale
- Cauliflower
- Broccoli
- Squash
- Asparagus
- Avocados
- Bell peppers
- Mushrooms
- Cucumber
- Celery
- Cabbage
- Strawberries
- Blackberries
- Raspberries
- Blueberries