



**Our Low-Fat, Oil-Free
Shopping List & Meal Plan**

Trader Joe's

Quick & Easy Meals

Healthy, delicious foods can easily fit into your busy schedule. We scoured the aisles of Trader Joe's and read hundreds of labels to identify the healthiest, low-fat vegan items. Always make sure to keep your pantry, refrigerator and freezer stocked with your favorite staples to prepare quick and easy meals. Do not try to buy all these foods at once! This is an extensive list, please read through this ebook and plan your favorite Meals in Minutes & use this as a reference!

Beverages

- ✦ Almond Milk (Original, Unsweetened, Unsweetened Vanilla)
- ✦ Carrot Juice
- ✦ Orange Juice
- ✦ Electrolyte Enhanced Water
- ✦ Kettle Brewed Unsweetened Black Tea
- ✦ Rice Milk
- ✦ Cold Pressed Juices
- ✦ Soy Milk
- ✦ Tea Bags
- ✦ Zico Coconut Water

Cereal

- ✦ Blueberry Muesli (Fat Free)
- ✦ Brand Flakes
- ✦ Crisp Rice Cereal
- ✦ Maple Brown Sugar Instant Oatmeal
- ✦ Nature's Path Heritage Flakes
- ✦ Old Fashioned Organic Oats
- ✦ Organic Cinnamon Spice Oatmeal
- ✦ Organic Oats & Flax
- ✦ Organic Corn Flakes
- ✦ Quinoa & Steel Cut Oatmeal
- ✦ Quick Cooked Steel Cut Oats
- ✦ Shredded Wheat
- ✦ Shredded Bite Size Wheats
- ✦ Steel Cut Organic Oats
- ✦ Toasted Oat Bran

Bread and Bakery

- ✦ Corn & Wheat Tortillas
- ✦ Ezekiel Sprouted Grain Tortillas
- ✦ Fresh Corn Tortillas
- ✦ French Bread
- ✦ Lavash Bread
- ✦ Pita Bread
- ✦ Sourdough Bread

Frozen Vegetables & Grains

- ✦ Artichoke Hearts
- ✦ Asparagus Spears
- ✦ Bell Peppers
- ✦ Broccoli Florets
- ✦ Chopped Spinach
- ✦ Cut White Corn
- ✦ Dorot Crushed Garlic
- ✦ Fire Roasted Bell Peppers & Onions
- ✦ French Green Beans
- ✦ Organic Super Sweet Corn
- ✦ Organic Jasmine White Rice
- ✦ Organic Brown Rice
- ✦ Organic Quinoa
- ✦ Organic Foursome
- ✦ Organic Broccoli Florets
- ✦ Italian Shelled Fava Beans
- ✦ Rice Medley
- ✦ Sliced Leeks
- ✦ Steel Cut Oatmeal

Pantry

Grocery

- ✦ Annie Chung's Soups
- ✦ Canned Artichoke Hearts
- ✦ Canned Mandarin Oranges
- ✦ Capers
- ✦ Fire Roasted Red Peppers (no-oil)
- ✦ Fire Roasted Yellow & Red Peppers (no-oil)
- ✦ Garlic Rice Noodle Soup Bowl
- ✦ Hatch Green Chilies
- ✦ Julienne Sliced Sun Dried Tomatoes
- ✦ Latin Black Bean Soup
- ✦ Miso Ginger Broth
- ✦ Mushroom Rice Noodle Soup Bowl
- ✦ Organic Baked Beans
- ✦ Organic Black Bean Soup
- ✦ Organic Black Beans
- ✦ Organic Chili Vegetarian
- ✦ Organic Diced Tomatoes
- ✦ Organic Garbanzo Beans
- ✦ Organic Kidney Beans
- ✦ Organic Kosher Sandwich Pickles
- ✦ Organic Pinto Beans
- ✦ Organic Split Pea Soup
- ✦ Organic Popping Corn
- ✦ Pear Halves
- ✦ Pepperoncini
- ✦ Pitted Kalamata Olives
- ✦ Pretzel Slims
- ✦ Red Split Lentils
- ✦ Refried Black Beans with Jalapeno
- ✦ Refried Beans (Fat Free)
- ✦ Rice Noodle Soup Bowl
- ✦ Unsalted Crushed Plum Tomatoes (Low Sodium)
- ✦ Whole Peeled Plum Tomatoes with Basil (Unsalted)

Dressing, Marinades, Sauces & Salsas

- ✦ Balsamic Glaze
- ✦ Balsamic Vinegar
- ✦ Balsamic Vinaigrette (Fat Free)
- ✦ Carolina Gold BBQ Sauce
- ✦ Chipotle Salsa Corn & Chile Tomato-less Salsa
- ✦ Deli Style Spicy Brown Mustard
- ✦ Dijon Mustard
- ✦ Dill & Garlic Dressing (Fat Free)
- ✦ Double Roasted Salsa
- ✦ Fire Roasted Tomato Salsa
- ✦ Jalapeno Pepper Hot Sauce
- ✦ Kansas City Style BBQ Sauce
- ✦ Habanero and Lime Salsa
- ✦ Italian Dressing (Fat Free)
- ✦ Pineapple Salsa Roasted Garlic Salsa
- ✦ Marinara Sauce (No Salt, Fat Free)
- ✦ Mango Ginger Chutney
- ✦ Orange Muscat Champagne Vinegar
- ✦ Organic Ketchup Organic
- ✦ Organic Tomato Paste
- ✦ Organic Yellow Mustard
- ✦ Organic Sweet Relish
- ✦ Organic Marinara Sauce (Fat Free)
- ✦ Organic Spaghetti Sauce with Mushroom (Fat Free)
- ✦ Red Wine Vinegar
- ✦ Soy Sauce Reduced Sodium
- ✦ Sriracha
- ✦ Spicy Black Bean Dip (Fat Free)
- ✦ Sweet Chili Sauce
- ✦ Tropical Mango Pineapple Salsa
- ✦ Unfiltered Apple Cider Vinegar
- ✦ White Balsamic Vinegar
- ✦ Salsa Verde
- ✦ Spicy Smoked Peach Salsa
- ✦ Seafood Cocktail Saucer

Grains

- ✦ 10 Minute Barley
- ✦ 10 Minute Bulgur
- ✦ 10 Minute Farro
- ✦ Arborio Rice
- ✦ Baker Josef's All-Purpose Flour
- ✦ Baker Josef's White Whole Wheat Flour
- ✦ Basmati Rice Medley
- ✦ Brown Rice Pasta Penne
- ✦ Brown Basmati Rice
- ✦ Brown Jasmine Rice
- ✦ Brown Rice Fully Cooked
- ✦ Brown Rice Medley
- ✦ Brown Rice Pasta Fusilli
- ✦ Gnocchi Italiana
- ✦ Harvest Grains Blend
- ✦ Israeli Couscous
- ✦ Imported Italian Pastas (Fusilli, Penne Rigate, Penne, Spaghetti)
- ✦ Jasmine Rice
- ✦ Organic Basmati Rice
- ✦ Organic Brown Rice
- ✦ Organic Polenta
- ✦ Organic Red Quinoa
- ✦ Organic Whole Wheat Pasta (Penne, Fusilli, Spaghetti)
- ✦ Spaghetti Pasta Organic Pasta (Fusilli, Penne)
- ✦ White Basmati Rice
- ✦ Whole Wheat Couscous
- ✦ Wild Rice

Fruit Spreads & Defatted Nut Butter

- ✦ Better n' Peanut Butter
- ✦ Organic Apple Sauce
- ✦ Organic Fruit Spread (Strawberry, Raspberry)
- ✦ Organic Preserves Reduced Sugar (Apricot, Blueberry, Raspberry, Strawberry)
- ✦ Pear Sauce (4 packs)
- ✦ Preserves (Apricot, Blueberry, Blackberry, Boysenberry, Raspberry)

Baking and Cooking Supplies

- ✦ 21 Seasoning Salute
- ✦ Baking Soda
- ✦ Basil
- ✦ Black Pepper
- ✦ California Garlic Powder
- ✦ Cayenne Pepper
- ✦ Cinnamon Sticks
- ✦ Curry Powder
- ✦ Dill
- ✦ Everyday Seasonings with Grinder
- ✦ Garlic Powder
- ✦ Grade A Maple Syrup
- ✦ Grade B Maple Syrup
- ✦ Ground Cinnamon
- ✦ Ground Cumin
- ✦ Ground Cumin Lemon Pepper with Grinder Light
- ✦ Organic Blue Agave Sweetener
- ✦ Organic Brown Sugar
- ✦ Organic Evaporated Cane Juice Sugar
- ✦ Organic Oregano
- ✦ Organic Pumpkin (Seasonal)
- ✦ Pure Bourbon Vanilla Extract
- ✦ Pure Vanilla
- ✦ Raw Agave Sweetener
- ✦ Red Chile Pepper (Crushed)
- ✦ Sea Salt (Regular, and Himalayan Crystals with Grinder)
- ✦ Smoked Paprika
- ✦ Taco Mix
- ✦ Thyme
- ✦ Turbinado Raw Cane Sugar

Produce

Bagged Veggies

Pro-tip: Bagged veggies are the definition of quick & easy! Beginners and too-busy-to-cook folks should definitely opt for this route.

- ✦ Baby Broccoli
- ✦ Baby Beets
- ✦ Bell Peppers
- ✦ Broccoli
- ✦ Bok Choy
- ✦ Broccoli Slaw
- ✦ Brussels Sprouts
- ✦ Carrots
- ✦ Celery
- ✦ Cauliflower
- ✦ Corn on the Cob
- ✦ Diced Onions
- ✦ Garlic
- ✦ Green Beans
- ✦ Fresh Herbs
- ✦ Lettuce
- ✦ Kale
- ✦ Micro Greens
- ✦ Power Greens
- ✦ Romain
- ✦ Spinach
- ✦ Mushrooms
- ✦ Peas
- ✦ Pea Shoots
- ✦ Steamed Lentils
- ✦ Sugar Snapped Peas
- ✦ Vegetable Medley
- ✦ Zucchini

Refrigerated

- ✦ Chickenless Strips
- ✦ Lentil Soup with Ancient Grains
- ✦ Lightlife Smart Dogs
- ✦ Mild Yellow Miso
- ✦ Organic 3 Grain Tempeh
- ✦ Organic Baked Tofu (Teriyaki or Savory Flavor)
- ✦ Organic Tofu
- ✦ Organic Vegetable Soup w/ Quinoa and Kale
- ✦ Organic Pea Soup
- ✦ Pico de Gallo Salsa
- ✦ Roasted Tomatillo Salsa
- ✦ Serrano Salsa Fresca
- ✦ Soy Yogurt
- ✦ Tofurky Deli Slices
- ✦ Veggie Wrap with Hummus

Raw Fruits & Vegetables

- ✦ Precut Fruit
 - Blueberries
 - Cantaloupe
 - Fruit Melody
 - Mango
 - Pineapple
 - Pomegranate
 - Raspberries
 - Watermelon

Treats & Snacks

Avoid anything with added sugar. Dried fruits can be great when raw fruit isn't an option. Keep in mind that you can eat dozens of dried apple slices, but when it's a real, raw apple, you can probably only handle one or two at a time. Stick to real fruit as a snack when possible!

Sweet

- ✦ Apple + Strawberry Fruit Leather
- ✦ Apple + Mango Fruit Leather
- ✦ Apple + Banana Fruit Leather
- ✦ Banana, Flattened
- ✦ Black Mission Figs
- ✦ Caramel Popcorn (Fat Free)
- ✦ Calimyrna Figs
- ✦ Chile Spiced Mango
- ✦ Citrus Gum Drops
- ✦ Dried Apricots
- ✦ Dried Baby Sweet Pineapple
- ✦ Dried Berry Medley
- ✦ Dried Bing Cherries
- ✦ Dried Blueberries
- ✦ Dried Pineapple Rings
- ✦ Dried Pitted Tart Cherries
- ✦ Dried White Peaches
- ✦ Dried Wild Blueberries
- ✦ Freeze Dried Banana
- ✦ Freeze Dried Blueberries
- ✦ Freeze Dried Mango
- ✦ Golden Berry Blend
- ✦ Golden Raisins
- ✦ Golden Raisins
- ✦ Ginger People Ginger Candy
- ✦ Gummy Sours
- ✦ Jumbo Raisin Medley
- ✦ Just Mango Slices
- ✦ New Zealand Sweet Apple Rings
- ✦ Non-Sorbate Pitted Prunes
- ✦ Organic Dried Cranberries
- ✦ Organic Thompson Seedless Raisins
- ✦ Organic Animal Crackers
- ✦ Organic Lollipops
- ✦ Organic Ginger Mints
- ✦ Organic Peppermints
- ✦ Organic Pops Pound
- ✦ Semi-Sweet Chocolate Chips
- ✦ Tropical Tendency Fruit Mix
- ✦ Uncrystallized Candied Ginger

Frozen

- ✦ Blueberries
- ✦ Fancy Berry Medley
- ✦ Fruit Frenzy Bars
- ✦ Fruit Frenzy Bars II
- ✦ Fruit Floes (Caribbean, Lime, Strawberry)

Savory

- ✦ Lundberg Organic Brown Rice Cakes
- ✦ Oriental Rice Crackers
- ✦ Reduced Guilt Wheat Crisps
- ✦ Rice Cakes Light
- ✦ Snack Savory Thin Mini Crackers
- ✦ Pretzels Slims

Microwave Meals in Minutes

Here are eight fulfilling healthy meals you can make in just a few minutes. No prep work is required when shopping the refrigerated and frozen aisles at Trader Joes. Simply purchase several types of precut, refrigerated or frozen bag veggies, canned beans, fresh or frozen potatoes, rice, lentils, squash and/or bread. Add your favorite sauce and microwave for 5-10 minutes. Voilà!

	VEG (precut)	GRAIN (frozen)	PROTEIN	SAUCE
American	Cauliflower	Medley Rice Blend	Black Eye Peas	KC BBQ Sauce
Indian	Peas	Basmati White Rice	Garbanzo Beans	Mango Ginger Chutney
Mexican	Medley	Brown Rice	Black Beans	Salsa
Italian	Broccoli	Quinoa Medley	White Beans	Marinara Sauce
Japanese	Medley	Brown Rice	Chicken-Less Strips	Soy Sauce
Chinese	Broccoli Slaw	Jasmine Rice	Baked Tofu	Sweet Chili Sauce
French	Green Beans	Medley Rice Blend	French Lentils	Dijon Mustard
Mediterranean	Cucumbers	White Quinoa	Garbanzo Beans	Dill & Garlic Dressing

Boost the flavor of any of these simple microwave meals by adding toppings such as: crunchy veggies (carrots, cabbage, cucumbers, celery), fresh herbs (mint, parsley, cilantro, basil) or leafy greens (kale, spinach, romaine).



Microwave Meals in Minutes: Quick Tips

- ✦ COOK extra grains and portioned leftovers in the freezer for up to a month.
- ✦ BAKE lots of potatoes, winter squash or yams ahead of time to store for quick use all week.
- ✦ ROAST a batch of your favorite veggies at the beginning of the week for quick use.
- ✦ CUT bite size pieces; TOSS with orange juice, balsamic vinegar or bragg aminos; COOK on parchment paper 425F till tender.
- ✦ BOOST flavor by using generous quantities of fresh herbs, basil, parsley, rosemary and cilantro.
- ✦ TRANSFORM your dinner into tomorrow's lunch by folding ingredients into a whole grain wrap, taco, pizza or burrito or add as a topping to a potato or salad.
- ✦ STEAM FRY with a splash of water, veggie stock, fresh juice or vinegar instead of oil.
- ✦ STOCK UP on shortcut staples, such as cans of lentils, beans, broths and tomatoes.
- ✦ NO PREP needed if using frozen or precut whole grains, fruits, and veggies.

Meal Guidelines for Rapid Weight Loss

55% - Whole Grains, Starchy Vegetables & Legumes

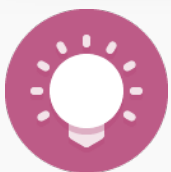
- ✦ Rice, Oats, Quinoa, Barley, Buckwheat, Millet, Spelt, Whole Grain Pasta, Bread, Tortillas
- ✦ Potatoes, Beets, Parsnips, Pumpkin, Sweet Potatoes, Winter Squash
- ✦ Adzuki Beans, Cannellini Beans, Kidney Beans, Lima Beans, Lentils, Navy Beans,
- ✦ Soybeans, Split Peas, Tofu, Tempeh, Seitan

40% - Leafy Greens & Colorful Vegetables

- ✦ Lettuce, Spinach, Cabbage, Collards, Kale, Bok Choy, Watercress, Chard
- ✦ Asparagus, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Green Beans, Corn
- ✦ Mushrooms, Onions, Green Peas, Peppers, Tomatoes, Zucchini

5% - Fruit

- ✦ Apples, Oranges, Bananas, Berries, Melons, Pineapple, Pears, Grapes, Lemons, Limes, Grapefruits



Tips

- ✦ WATER should be your primary beverage. The Mayo Clinic recommends about 100 oz. of water for men, and about 75 oz. of water for women. At a minimum, you should be drinking 64 oz. a day.
- ✦ SWEETEN food naturally with fresh or dried fruits, agave, coconut sugar, maple syrup but USE SPARINGLY :).
- ✦ Minimize SALT intake by using no/low sodium ingredients when cooking. Use salt sparingly at the table.
- ✦ CUT OUT fat and sugar by favoring food with spices, herbs, vinegars, lemons, limes, hot sauce, soy sauce, bragg's aminos, orange juice and nut milks.
- ✦ STICK to 80% whole foods and 20% processed food.

21 Simple Vegan Substitutes

- ✦ **Butter**- Butternut squash (pureed), veggie broth
- ✦ **Cheese**- Nutritional yeast, breadcrumbs
- ✦ **Chocolate**- cocoa / carob powder, chocolate sauce (fat free)
- ✦ **Cottage cheese**- Crumbled tofu
- ✦ **Coconut**- Coconut water, coconut milk (reduced fat), coconut flakes (defatted)
- ✦ **Dairy Milk**- Unsweetened: almond milk, oat milk, rice milk, soy milk ect.
- ✦ **Eggs (baking)**- EnerG egg replacer, flaxseed, banana applesauce
- ✦ **Eggs (cooking)**- Scrambled tofu, Chickpea flour omelet
- ✦ **Egg Whites**- Agar powder
- ✦ **Ice cream**- Pure fruit sorbet, nut based ice creams
- ✦ **Mayonnaise**- Tofu mayonnaise (oil free)
- ✦ **Meat, poultry, fish**- Starchy vegetables, whole grains, legumes, tofu, tempeh, seitan
- ✦ **Peanut Butter**- PB2, Better n' Butter
- ✦ **Soda**- Sparkling water with fruit slices
- ✦ **Sour Cream**- Plain soy yogurt, sauerkraut
- ✦ **Vegetable oils (baking)**- Applesauce, mashed bananas, pureed prunes, pumpkin, tofu
- ✦ **Vegetable oils (cooking)**- Vegetable broth, soy sauce, wine, balsamic vinegar, tomato juice, lemon/ lime, water
- ✦ **White Flour**- Whole wheat, oat, garbanzo, sorghum, buckwheat, brown rice flours
- ✦ **White Rice**- Whole grains, brown or wild rice
- ✦ **White Sugar**- Brown or coconut sugar, pure maple syrup
- ✦ **Yogurt**- Plain soy, almond, rice yogurt

20 Quick & Easy Healthy T&J Snack Combos

- ✦ Fresh Tortillas & Salsa
- ✦ Baby Carrots & Fat Free Bean Dip
- ✦ Celery, Better n' Butter & Raisins
- ✦ Pretzel Slims & Mustard
- ✦ Rice Cakes & Fruit Jam
- ✦ Popcorn & Grape Tomatoes
- ✦ Oil Free Soup Cup & Lavash Bread
- ✦ Better n' Butter & Banana on Toast
- ✦ Apple Slices & Better n' Butter
- ✦ Freeze-dried Blueberries & Oats
- ✦ Rice & Nori Crackers
- ✦ Soy Yogurt & Fresh Berries
- ✦ Apple Sauce & Cocoa Powder
- ✦ Jicama Sticks & BBQ Sauce
- ✦ Cherry Tomatoes & Balsamic Vinegar
- ✦ Miso Ginger Broth & Rice Crackers
- ✦ Baked Beans & Toast
- ✦ Pita & Hummus
- ✦ Rice & Just Mangos Slices
- ✦ Jicama Sticks & Mango Chutney