

*Clean Food Dirty Girl*

**WHOLE FOOD PLANT BASED  
TRADER JOE'S GROCERY LIST  
DOWNLOAD**

## WHOLE FOOD PLANT BASED TRADER JOE'S GROCERY LIST

Below is a list of the best and most affordable things to buy at Trader Joe's for your whole food plant based kitchen. This is the list that you should bring with you if you don't live near a Trader Joe's and want to stock up when you get the chance.

- All canned beans (black, pinto, navy, garbanzo, etc...)
- All raw, unseasoned and unsalted nuts (especially: cashews, almonds, walnuts, pecans, pistachios, peanuts, and pine nuts)
- All raw, unseasoned and unsalted seeds (especially: pumpkin, sesame, chia, flax, sunflower, and hemp)
- Apple cider vinegar
- Artichoke hearts (in water, not oil)
- Avocados (the kind with 6 little ones in a bag is a steal)
- Baking powder (aluminum free)
- Baking soda (aluminum free)
- Balsamic vinegar
- Brown rice vinegar
- Cacao powder
- Canned jackfruit (in water)
- Canned pumpkin
- Capers
- Coconut aminos
- Coconut milk
- Coconut sugar
- Date sugar
- Diced tomatoes
- Frozen fruit with no sugar or additives/preservatives
- Hearts of palm
- Hot sauce (oil and sugar free)
- Maple syrup (100%)
- Medjool Dates
- Minced jarred garlic

- Nut butters, no sugar, salt or oil (almond, peanut, sunflower)
- Olives (in water, not oil)
- Pure vanilla extract
- Red wine vinegar
- Regular and Dijon mustard
- Roasted corn (frozen)
- Sauerkraut (no vinegar)
- Soba and udon noodles
- Soy milk (the one with just two ingredients: organic soybeans and water)
- Soy sauce (low sodium)
- Sprouted bread
- Sprouted corn tortillas (no oil)
- Sprouted whole wheat tortillas (no oil, but has honey)
- Sun-dried tomatoes (in water, not oil)
- Tahini
- Tempeh (organic)
- Tofu (organic)
- Tomato paste
- Tomato Purée
- Tomatoes, organic grape or cherry in a clamshell
- Unsweetened jarred applesauce
- Vegetable broth and stock (low or no sodium / no oil)
- White rice vinegar
- White wine vinegar
- Whole wheat pasta, lentil pasta, black bean pasta, rice pasta

If you're ready for someone who knows what they're doing to tell you exactly what to cook each week for delicious, satisfying and nutritionally balanced plant based meal plans, [sign up for our meal plans here.](#)

We got you!

Xo

Molly