

Trader Joe's WW Shopping List

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SMARTPOINTS

- Coconut Whipped topping (2 tablespoons)
- Coconut Creamer (2 tablespoons)
- Cold brew coffee (1 container)
- Riced cauliflower (1 package)
- Everything but the Bagel sesame seasoning blend (1/4 teaspoon)
- Trader Joe's FF Sour Cream (2 tablespoons)
- Canned Tuna Fish in water (1/2 cup)
- Just Grilled Chicken Strips (1 bag)
- Grilled Asparagus Spears (1 bag)
- Butternut Squash Zig Zags (1 container)
- Salsa Verde (1 jar)
- Fat free sour cream (2 tablespoon)
- Coconut oil spray (1 spray)
- Cold Brew Coffee Concentrate (6 fl oz)
- Chile Lime Seasoning Blend (1/4 teaspoons)
- French green beans
- Cage free eggs (1 egg)
- Grilled cauliflower (1 package)
- Roasted Onions & peppers (1 package)
- Hearts of Palm pasta (1 container)
- Fat free feta cheese (1 tbsp)
- Fat free ricotta cheese (1 tablespoon)

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SMARTPOINT

- Pork gyoza (1 piece)
- All natural uncured chicken hot dog (1)
- Chicken breakfast sausage (2 links)
- Reduced guilt chunky guacamole (2 tbsp)
- Shredded hash browns (1 oz)
- Butterscotch shortbread buttons (1)
- Sprouted wheat bread Dave's Killer 21 Seed (1 slice)
- Frozen shrimp (3 oz)
- Pollo Asada (4 oz)
- Chicken cilantro mini won tons (4 pieces)
- Reduced Carb Whole Wheat Tortillas (1)
- Lite BabyBel cheese (1 piece)
- Langostino tails (3 oz)
- Unsweetened chocolate almond milk (1 cup)
- Turkey jerky (1 oz)
- Turkey style Canadian Bacon (3 slices)
- Chicken Cilantro mini wantons (4 pieces)
- Riced Cauliflower Stir Fry (1 cup)
- TJ's Sprouted 7-Grain Bread (1 slice)
- Shrimp Stir Fry (1 3/4 cup)
- Uncured Turkey Bacon (2 slices)
- Queso Cheese Dip (5 tbsp)
- FF Balsamic Vinaigrette (2 tbsp)

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SMARTPOINTS

- Soy chorizo (for one ounce)
- Sea salt brownie petites (1 piece)
- Organic light string cheese (1)
- 3 layer hummus (2 tbsp)
- Apple cranberry bran muffin (1 muffin)
- Artichoke & Jalapeno Dip (2 tbsp)
- Mahi burger (1 burger)
- Mild cheddar cheese stick (1)
- Gorgonzola crackers (15 crackers)
- Dark chocolate bar (1 square)
- Trader Joe's Lite Shredded 3 Cheese Blend (1/4 cup)
- Trader Joe's String Cheese (low moisture part-skim mozzarella (one stick)
- Buffalo style Chicken Dip (2 tablespoons)
- Cauliflower stuffing (1 cup)
- Apple Cranberry Bran Muffin (1 muffin)
- Cheddar Rocket Crackers (25 crackers)
- Cookie butter (1 tablespoon)

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SMARTPOINTS

- Turkey meatballs (2 meatballs)
- Savory edamame (38 chips)
- Meatless Meatballs (5 meatballs)
- Mini churros (1)
- Asian style spicy peanut vinaigrette (2 tbsp)
- Cauliflower Thins (2 thins)
- Asian vegetables with Beijing style sauce (1/4 package)
- British style crumpets (1 crumpet)
- Chili Lime Chicken Burgers (1 burger)
- Sriracha & Roasted Garlic BBQ Sauce (2 tbsp)
- Reduced fat cheese puffs (35 puffs)
- Multigrain slim sandwich bread (1 slice)
- Buffalo Ranch chopped salad (1 cup)
- Organic Hearty Minestrone soup (1 cup)
- Chicken Ginger Miso soup (1 cup)
- Ciabatta roll (1)
- Reduced guilt pita chips (22 chips)
- Pretzel slims (23 pieces)
- Original Savory Thin Mini Crackers (about 34 crackers)
- Turkey Burger Patty (1 burger)
- Chocolate Chip Waffle (1 waffle)
- Mango Ice Cream Bar (1 bar)

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SMARTPOINTS

- Organic animal crackers (17)
- Mini chicken tacos (3)
- Reduced guilt mac and cheese (1/2 box)
- Goodness dressing (2 tbsp)
- Sweet apple chicken sausage (1)
- Pulled Chicken breast w/rib meat with smokey BBQ sauce (4 oz)
- Teriyaki BBQ Chicken (1 cup)
- Frozen hash brown (1 hash brown)
- Pizza veggie burger (1)
- 99% FF popcorn (1 bag)
- Sour Cream & Onion corn puffs (2 1/2 cups)
- Crabcakes (2 pieces)
- Multigrain Os Cereal (1 cup)
- Veggie masala burger (1)
- Fat cheese crunchies (33 crunchies)
- Cauliflower Gnocchi
- Traditional Latkes - Potato pancakes (2 pancakes)
- Chicken Tamale (1 tamale)
- Cinnamon School Book Cookies (12 cookies)
- Trader Joe's Creamy Tomato Soup (1 cup)
- Zucchini Fries (1 cup)
- Organic Chia Seeds (2 tablespoons)

5+

SMARTPOINTS

- Peanut Butter Filled Pretzels (11 pieces) - 5 SmartPoints
- Scallion Pancakes (1 pancake) - 5 SmartPoints
- Turkey Corn dogs (1 piece) - 5 SmartPoints
- Fish Nuggets (4 pieces) - 5 SmartPoints
- Beef Pho Soup (1 bowl) - 5 SmartPoints
- Mushroom risotto (1 cup) - 5 SmartPoints
- Carne Asada (4 oz) - 5 SmartPoints
- Mini Chicken tacos (4 pieces) - 5 SmartPoints
- Frozen Rice Medley (1 cup) - 6 SmartPoints
- Coconut Sesame seed clusters (1/2 cup) - 6 SmartPoints
- Kung Pao Chicken (1 cup) - 6 SmartPoints
- Italian style Turkey meatloaf (5 oz) - 7 SmartPoints
- Shrimp Scampi lasagna (1 cup) - 7 SmartPoints
- Beer Battered Halibut (3 pieces) - 7 SmartPoints
- Reduced Guilt Mac & Cheese (1 container) - 8 SmartPoints
- Mandarin Orange Chicken (1 cup) - 9 SmartPoints