

Trader Joe's 5&1 Grocery List

(Corrected & Updated for 2021 by Julie Bays, RD)



Frozen Items:

- Turkey Burgers: 1 ½ burgers=1 lean
- Chili Lime Chicken Burger: 2 burgers=1 lean
- Mahi Mahi Burgers: 2 ½ burgers=1 lean
- Tuna Burgers: 2 burgers=1 lean
- Crab Cakes: 2 cakes=1 leaner
- Turkey Meatballs: 5 meatballs=1 lean
- Shrimp Burgers: 2 ½ burgers = 1 lean
- Salmon Burgers: 2 burgers=1 lean
- Langostino Tails: 7 oz=1 leanest
- Argentinian Red Shrimp: 7 oz=1 leanest
- Shitake Chicken Frozen Meal: 1 ½ cups= Complete Lean & Green
- Frozen Kabocha Squash: ½ cup= 1 green
- Riced Cauliflower Stir Fry: ½ cup=1 green
- Zucchini Spirals: ½ cup (¼ container)=1 green
- Frozen Grilled Asparagus: ½ cup=1 green
- Asian Vegetables with Beijing Style Soy Sauce: ½ cup=1 green

Meat Aisle:

- Ground Turkey, Ground Chicken, Extra Lean Ground Beef:
 - 85-94% lean: 5oz = 1 lean
 - 95-97% lean: 6oz= 1 leaner
 - 98%+ lean: 7oz=1 leanest
- Wild Skipjack Tuna: 2.5 pouches = 1 leanest
- BBQ Cut Fresh Atlantic Salmon Filets: 5oz=1 lean
- Boneless Skinless Chicken: 6oz=1 leaner
- Chicken Hot Dogs 3 links=1 leaner (limit to 1x/week due to sodium levels)
- Spicy Italian Chicken Sausage: 1 ½ links=1 lean
- Sweet Italian Chicken Sausage: 2 ¼ links=1 lean
- Smoked Andouille Chicken Sausage: 1 ¼ links = 1 lean
- Chicken Breakfast Sausage: 6 links=1 lean
- Chomps Meat Sticks: 1 stick= ⅓ lean

Meatless Lean Items:

- Beefless Ground Beef: 1 cup= 1 leanest
- Trader Joe's Hi Protein Veggie Burger: 1 patty= 1 lean
- Trader Joe's High Protein Tofu: 6oz= 1 lean
- Trader Joe's Plain Tofu, extra firm: 8oz= 1 lean
- Trader Joe's Plain Tofu, firm: 8oz= 1 lean
- Trader Joe's Sriracha Baked Tofu: 7oz= 1 lean (Note: the Teriyaki option is NOT approved)
- Trader Joe's Hi Protein Veggie Burger: 1 patty=1 lean
- Trader Joe's Meatless Meatballs: 10 meatballs= 1 lean
- Almond Mozzarella Style Shreds: 1 ¼ cup= 1 lean
- Egg Beaters: 2 cups= 1 leanest
- Whole Eggs: 3 eggs= 1 lean (limit to max 2x/week)

Dairy:

- Reduced Fat Cheese (Mexican, Cheddar, Mozzarella): 4oz= 1 lean
- Lite Havarti Cheese: 4 slices= 1 lean
- Lite Shredded 3-cheese blend: 4 oz= 1 lean
- Fat Free Cottage Cheese: 1 ½ cups=1 leanest
- Low Fat Cottage Cheese: 1 ½ cups=1 leaner
- 0% Non-Fat Plain Greek Yogurt: 12oz=1 leanest
- 2% Low Fat Plain Greek Yogurt: 12oz=1 leaner
- Unsweetened Original Almond Beverage: ½ cup=1 condiment
- Unsweetened Almond Cashew and Macadamia Nut Beverage: 1 cup= 1 condiment

Green/Produce Items:

- Riced Cauliflower Stir Fry: ½ cup=1 green
- Riced Cauliflower: ½ cup=1 green
- Spicy Mexican Style Riced Cauliflower: ½ cup = 1 green
- Riced Broccoli: ½ cup=1 green
- Jicama: ½ cup=1 green
- Spiralized Zucchini (zoodles): ½ cup=1 green
- Plain Frozen Riced Cauliflower: ½ cup=1 green (found in frozen food aisle)
- Hearts of Palm, spears or medallions: ½ cup= 1 green (found in canned-food aisle)
- Many approved fresh veggies available in the produce section: ½ cup=1 green

Misc. Items/Condiments:

- Cauliflower Thins: 2 thins: 1/3 lean + 1 green
- Enchilada Sauce: 1 Tbsp= 1 condiment
- 21 Seasoning Salute: ½ tsp= 1 condiment
- Everything But the Bagel Seasoning: ½ tsp= 1 condiment
(their other spices qualify as well: ½ tsp= 1 condiment)
- Salsa: 1 Tbsp= 1 condiment
- Coconut Cold Brew Coffee Concentrate: 2 oz= 1 condiment
- Reduced Guilt Chunky Guacamole: 1Tbsp= 1 condiment
- Satay Peanut Sauce: 1 Tbsp= 1 condiment
- Spicy Cashew Butter Dressing: ½ tbsp= 1 condiment
- Thai Yellow Curry Sauce: ½ tsp= 1 condiment
- Thai Red Curry Sauce: 1 Tbsp= 1 condiment
- Trader Joe's Green Goddess Dressing: 2 Tbsp= 1 condiment
- Cilantro Salad Dressing: 3 Tbsp=1 healthy fat OR 1 Tbsp=1 condiment
- Creamy Roasted Cauliflower & Onion Dip: 2 Tbsp= 1 healthy fat
- Creamy Cauliflower Jalapeno Dip: 1 Tbsp=1 condiment OR 3 Tbsp=1 healthy fat
- Spinach Sour Cream Dip: 1 ½ Tbsp=1 healthy fat
- Trader Giotto's Balsamic Vinaigrette: 1 ½ Tbsp=1 healthy fat
- Jicama Wraps: 2 wraps=1 green
- Trader Joe's Organic Tomato Basil Sauce: ¼ cup= 1 green
- Three Cheese Pomodoro pasta sauce: ¼ c= 1 green
- Organic Dill Pickle Spears: 2 spears= 1 optional snack