

# FULL AS A MOTHER

WITH JASMINE WILSON

## TRADER JOE'S GF/PALEO GROCERY HAUL LIST

### ORGANIC PRODUCE

- Strawberries
- Blueberries
- Blackberries
- Bananas
- Fuji Apples
- Navel Oranges
- Baby Kale
- Baby Spinach
- Power Greens
- Carrots
- Chives
- Crimini Mushrooms
- Rainbow Radish
- Jicama Wrap
- Avocados
- Cauliflower
- Zucchini
- Rainbow Cauliflower^
- Organic Frozen Peas^
- Cauliflower Gnocchi^
- Organic Riced Cauliflower^

### PANTRY STAPLES / SNACKS

- Chosen Foods Avocado Oil
- Yuzu Hot Sauce
- Organic Yellow Mustard
- Balsamic Vinegar
- Tulsi Holy Basil Herbal Tea
- Organic Earl Grey Tea
- Marshmallows
- Roasted & Salted Macadamia Nuts
- Coconut Sugar
- Organic Fair Trade Belgian Dark Chocolate
- Organic Unsweetened Coconut Flakes
- Cauliflower Pizza Crust^
- Kale Pesto Sauce\*
- Beef Bone Broth\*
- Organic Hummus\*

### DAIRY / NON-DAIRY

- Unsweetened Coconut Milk
- Organic Almond Beverage
- Unsweetened Almond, Cashew, and Macadamia Nut Beverage
- Vanilla Almond Milk Yogurt
- Cultured Vanilla Coconut Milk
- Goat Cheddar Cheese
- Goat Cheese Log
- Kerry Gold Unsalted Butter

### MEAT / EGGS

- Grass-fed Ribeye Steak
- Atkins Ranch Grass-fed Lamb Loin Chops
- Applegate Organic Grass-fed Beef Hot Dogs
- Applegate Farms Organic Oven Roasted Turkey Breast
- Large Brown Pasture Raised Eggs

(\* ) REFRIGERATED  
(^ ) FROZEN