

# FULL AS A MOTHER

WITH JASMINE WILSON

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

### ORGANIC PRODUCE

- Cherries
- Nectarines
- Raspberries
- Blueberries
- Blackberries
- Bananas
- Fuji Apples
- Lemons
- Limes
- Baby Spinach\*
- Baby Kale\*
- Power Greens\*
- Baby Red Lettuce Blend\*
- Cremini Mushrooms\*
- Shredded Green Cabbage\*
- Jicama Wrap\*
- Avocados
- Cauliflower\*
- Zucchini
- Green beans\*
- Japanese Sweet Potatoes
- Cauliflower gnocchi^
- Cauliflower Thins\*

### PANTRY STAPLES / SNACKS

- Kung Pao Chicken Mochi Balls\*
- Three Ladies Jasmine Rice
- Brown Rice Tortillas
- Brown Rice Quinoa Fusilli
- Gluten Free White Bread
- Organic Toasted Sesame Oil
- Yuzu Hot Sauce
- Spiced Nori Komi Furikake
- Mushroom Umami Seasoning
- Wholesome Coconut Sugar
- Organic Fair Trade Belgian Dark Chocolate
- Frooze Balls Chocolate Hazelnut
- Cauliflower Pizza Crust^
- Beef Bone Broth\*
- Red Refresh Herbal Tea
- Organic Chamomile Tea
- Sparkling Mineral Water
- Sparkling Coconut Water with Yuzu
- Brooks Dry Cider

### DAIRY / NON-DAIRY

- Unsweetened Almond, Cashew, and Macadamia Nut Beverage
- Shredded Vegan Cashew Cheese\*
- Shredded Organic Mozzarella\*
- Kerry Gold Unsalted Butter\*
- Cauliflower Jalapeno Dip\*

### MEAT\* / SEAFOOD\* / EGGS\*

- Grass-fed Ribeye Steak
- Organic Ground Turkey
- Ground Pork
- Sweet Apple Chicken Sausage
- Applegate Farms Organic Oven Roasted Turkey Breast
- Red Argentinian Wild-caught Shrimp
- Smoked Salmon Wild Sockeye
- Large Brown Pasture Raised Eggs

(\*) REFRIGERATED  
(^) FROZEN