

TRADER JOE'S BULLETPROOF

shopping list



MEAT

- GRASS-FED BEEF SIRLOIN ROAST
- ORGANIC GRASS-FED GROUND BEEF
- CANNED SARDINES IN WATER

PANTRY

- JUST A HANDFUL OF PITTED, SALTED MANZANILLA OLIVES
- ORGANIC UNSWEETENED COCONUT FLAKES
- JUST COCONUT CHUNKS
- ORGANIC COCONUT FLOUR

BEVERAGE

- MATCHA GREEN TEA PACKETS

PRODUCE

- RICED BROCCOLI

PRODUCE CONT.

- BUTTERNUT SQUASH ZIG ZAGS
- SWEET POTATO RIBBONS
- SHAVED BRUSSELS SPROUTS
- ORGANIC TUSCAN KALE

HEALTHY FAT

- KERRYGOLD PURE IRISH BUTTER
- ORGANIC VIRGIN COCONUT OIL PACKETS
- RAW ALMOND BUTTER

FROZEN

- CAULIFLOWER GNOCCHI
- FROZEN CARROT SPIRALS
- WILD ALASKAN SOCKEYE SALMON FILLETS
- MINI PLANTAINS
- ORGANIC RICED CAULIFLOWER
- ORGANIC JASMINE RICE