

Our Tiny Nest

TRADER JOE'S
SHOPPING LIST

PRODUCE

- BABY SPINACH SALAD
- ZUCCHINI NOODLES
- RICED CAULIFLOWER

MEAT/DAIRY

- GRILLED CHICKEN
- CHICKEN APPLE SAUSAGE
- VARIOUS CHEESES

SAUCES/CONDIMENTS

- VEGAN KALE CASHEW & BASIL PESTO
- REDUCED GUILT CHUNKY GUACAMOLE
- EVERYTHING BUT THE BAGEL SEASONING

SNACKS & TREATS

- ROASTED PLAIN TAIN CHIPS
- DARK CHOCOLATE PEANUT BUTTER CUPS
- JOE JOE'S
- MINI HOLD THE CONE

FROZEN FOODS

- MANDARIN ORANGE CHICKEN
- VEGETABLE FRIED RICE
- CAULIFLOWER GNOCCHI
- SPINACH ARTICHOKE DIP
- TURKEY MEATBALLS

NON FOOD ITEMS

- FLOWERS
- ROSE WATER FACIAL SPRAY
- TEA TREE TINGLE SHAMPOO AND CONDITIONER