CHOMP SHOPPER

TRADER JOE'S GROCERY LIST

FREE PRINTABLE

FAMILY OF 4 · ONE WEEK · SIZED FOR SMALL PACKS

TRIP DATE _____

PRODUCE 12

- ○ Bananas 8
- ○ Apples 1 bag
- ○ Baby spinach 2 bags
- ○ Salad kits 2
- ○ Mini cucumbers 1 bag
- ○ Cherry tomatoes 1 container
- ○ Avocados 1 bag
- ○ Broccoli florets 1 bag
- ○ Sweet potatoes 3
- ○ Yellow onions 1 bag
- ○ Peeled garlic 1 container
- ○ Hummus 1 tub

CONDIMENTS 1

- ○ Salsa 1 jar

MEAT & SEAFOOD 3

- ○ Boneless chicken thighs 2 × ~1½ lb
- ○ Ground turkey 2 × 1 lb
- ○ Chicken sausage 1 pack

DAIRY & EGGS 6

- ○ Large eggs 2 dozen
- ○ Milk 1 gallon
- ○ Plain Greek yogurt 2 × 32 oz
- ○ Shredded mozzarella 1 bag
- ○ Unsalted butter 1 lb
- ○ Fresh pizza dough 1 bag

BAKERY 3

- ○ Sandwich bread 2 loaves
- ○ Naan 1 pack
- ○ Flour tortillas 1 pack

PANTRY 7

- ○ Pasta 2 bags
- ○ Peanut butter 1 jar
- ○ Rolled oats 1 bag
- ○ Jasmine rice 1 bag
- ○ Everything bagel seasoning 1 jar
- ○ Cereal 1 box
- ○ Dried mango 1 bag

CANNED & JARRED 2

- ○ Marinara sauce 1 jar
- ○ Black beans 2 cans

BEVERAGES 2

- ○ Sparkling water 1 pack
- ○ Ground coffee 1 can

FROZEN 5

- ○ Orange chicken 1 bag
- ○ Vegetable fried rice 2 bags
- ○ Potstickers 1 bag
- ○ Gnocchi 1 bag
- ○ Mango chunks 1 bag

SNACKS 4

- ○ Filled pretzels 1 bag
- ○ Trail mix 1 bag
- ○ Popcorn 1 bag
- ○ Dark chocolate bar 2

SIZING FOR YOUR HOUSEHOLD

FEWER THAN 4

Take one of each meat. Skip the second bag of spinach and the extra fried rice.

5 OR 6 PEOPLE

Add one more: bananas, milk, bread, yogurt, eggs, chicken. Frozen dinners may need two bags.

7 OR MORE

Buy milk, rice, pasta and paper goods in bulk at a warehouse store (see our Costco list).

KEY NUMBERS

80%+	of products are the store's own label.
8 am–9 pm	Typical store hours. Some stores vary.
Tue after 8 pm	Least busy. Busiest: Saturday 10 am–2 pm.
No delivery	No delivery or curbside pickup.

BEFORE YOU GO Reusable bags • This list, with what you have crossed off • A plan for the week's dinners • A second stop for anything they don't carry

TIPS

1. **Frozen dinners for busy nights**
   Orange chicken, fried rice, potstickers. Add frozen veg.
2. **Double up on seasonal favorites**
   Rotating items may not be back for a year.
3. **Count servings, not packages**
   A family of 4 may need two of some items.
4. **Buy the store's version**
   When a recipe calls for a specific brand.

Not affiliated with Trader Joe's. Availability varies by store and season.