



Trader Joe's Pantry Staples Shopping List

Pantry Essentials:

- Sunflower seeds
- Slivered almonds
- Cashews
- Pumpkin seeds
- Just a handful of simply almonds, cashews and cranberries trek mix
- Sunflower seed butter
- Jarred fire roasted yellow & red peppers
- Olives (green and black)
- Roasted green chili (chopped) in can
- Gluten free penne pasta
- 10 minute faro
- 10 minute barley
- Harvest grains blend
- Basmati rice
- Wild rice
- Mango chutney
- Jarred artichoke hearts
- Capers
- Pickles
- Mustards
- Salsas (green and red)

Fresh Produce:

- Lemons
- Limes

Frozen

- Cubed mango
- Edamame (in pods and shelled)

Refrigerated / Deli:

- Goat cheese
- Brie or triple cream cheese
- Dilled Havarti cheese

Beverages:

- Flavored sparkling waters

Snacks:

- Roasted Seaweed