

TRADER JOE'S AND WEIGHT WATCHERS

Remember to stock up on high protein food options to keep you full longer! Avoid too many boxed and processed items. A good rule of thumb is to stay on the perimeter of the store for the majority of your shopping trip. Snacks and treats are fine, just calculate them. When in doubt, scan!

DAIRY AND DELI

- Trader Joe's Simply Sour Cream Fat Free - 0 FSP for 2 tbsp
- Trader Joe's Fat Free Crumbled Feta - 0 FSP for 1 Ounce
- Trader Joe's Lite Mozzarella Cheese - 1 FSP for 1 Ounce
- Trader Joe's Lite Shredded Mozzarella Cheese - 1 FSP for 1 Ounce
- Reduced Guilt Chunky Guacamole - 1 FSP for 2 tbsp
- Reduced Guilt Chicken Salad - 2 FSP for 1/2 Cup
- Trader Joe's Soy Chorizo - 2 FSP per Ounce
- Trader Joe's Feta Spread - 2 FSP for 2 tbsp
- Trader Joe's Part Skim String Cheese - 2 FSP for 1
- Organic Light String Cheese - 2 FSP for 1

MEATS

- Celebrity Black Forest Ham - 0 FSP for 1 Slice
- Trader Joe's All Natural Ground Turkey Breast (99% Fat Free) - 0 FSP
- Trader Joe's Uncured Turkey Bacon - 1 FSP for 2 Slices

BREADS

Sprouted Wheat Bread Dave's Killer 21 Seed - 1 FSP for 1 slice
LaTortilla Factory Sonoma Carb Cutting Tortilla – 1 FSP for 1
Apple Cranberry Bran Muffin - 2 FSP for 1
Trader Joe's British Style Crumpets - 3 FSP for 1
Organic Bread Honey Sweet Whole Wheat – 3 FSP for 1
Trader Joe's Whole Wheat Hamburger Bun - 3 FSP for 1 Bun
Trader Joe's Everything Bagel Thins – 3 FSP for 1
Trader Joe's Multigrain Slim Sandwich Bread – 3 FSP for 1
Ciabatta roll – 3 FSP for 1

SAUCES

Salsa Verde - 0 FSP
Tomatillo & Roasted Yellow Chili Salsa - 0 FSP
Fat-Free Spicy Bean Dip - 1 FSP for 1/4 Cup
Mango Pineapple Salsa - 1 FSP for 1 tbsp
Trader Joe's Hummus - 1 FSP for 1 tbsp
Giotto Fat-Free Pizza Sauce - 1 FSP for 1/4 Cup
Trader Joe's Queso Cheese Dip - 1 FSP for 2 tbsp
Trader Joe's Pineapple Salsa - 1 FSP for 2 tbsp
Trader Joe's Chipotle Salsa - 1 FSP for 2 tbsp
Trader Joe's Eggplant Garlic Spread - 1 FSP for 1 tbsp
Trader Joe's Chipotle Black Bean Dip - 1 FSP for 2 tbsp
Low Fat Parmesan Ranch Dressing - 1 FSP for 2 tbsp
Giotto Traditional Marinara Sauce - 2 FSP for 1/2 Cup
Ming's Fat-Free Sesame Soy Ginger Vinaigrette - 2 FSP for 2 tbsp
Trader Joe's Chunky Artichoke & Jalapeno Dip - 2 FSP for 2 tbsp
Organic Marinara Sauce - 2 FSP for 1/2 Cup

PANTRY ITEMS

Trader Joe's Jalapeno Olives - 0 FSP for 2 Olives
Trader Joe's Latin Style Black Bean Soup - 0 FSP for 1 Cup
Trader Joe's Organic Dark Chocolate Bar - 2 FSP per Square
Gorgonzola Crackers - 2 FSP for 15 Crackers
Sea Salt Brownie Petites - 2 FSP for 1 Piece
Better'n Peanut Butter – 3 FSP for 2 Tbsp
Microwave Brown Rice – 3 FSP for 1/2 cup
Refried Beans – 3 FSP for 1/2 cup
Original Savory Thin Mini Rice Crackers – 3 FSP for 37 Crackers
Trader Joe's Pretzels Slim – 3 FSP for 23
Reduced Guilt Chips – 3 FSP for 14
Reduced Guilt Popcorn – 3 FSP for 2 1/2 cups
Reduced Guilt Organic White Corn Tortilla Chips – 3 FSP for 14
Original Savory Thin Mini Crackers – 3 FSP for 1 Ounce
Trader Joe's Fig & Olive Crisps - 3 FSP for 11 Crackers
Thin Mini Rice Crackers - Multiseed with Soy Sauce - 3 FSP for 37 Crackers
Reduced Guilt Pita Chips with Sea Salt – 3 FSP for 8
Gorgonzola Crackers – 3 FSP for 37
Thin Edamame Crackers – 3 FSP for 38
Trader Joe's Organic Animal Crackers - 4 FSP for 17 Cookies
Trader Joe's Reduced Fat Cheese Puffs - 4 FSP for 35
Trader Joe's Seeded Mango & Ginger Crisps - 4 FSP for 11 Crackers
Trader Joe's Cinnamon Grahams - 4 FSP for 2.5 Cookies
Trader Joe's Reduced Fat Cheese Crunchies - 4 FSP for 33
Trader Joe's Cinnamon Schoolbook Cookies - 5 FSP for 15 cookies
Trader Joe's Low Fat Chocolatey Cats Cookies - 5 FSP for 15 Cookies
Trader Joe's Oatmeal and Chocolate Cereal Bars - 4 FSP per Bar
Trader Joe's Just Sauce Turkey Bolognese - 4 FSP for 1/2 Cup

FROZEN

Trader Joe's Organic Riced Cauliflower - 0 FSP
Trader Joe's French Green Beans - 0 FSP
Trader Joe's Grilled Cauliflower - 0 FSP
Trader Joe's Mango Chunks - 0 FSP
Trader Joe's Pineapple Tidbits - 0 FSP
Trader Joe's Blueberries - 0 FSP
Trader Joe's Organic Tropical Fruit Blend - 0 FSP
Trader Joe's Pork Gyoza - 1 FSP for 1
Chicken Cilantro Mini Wontons - 1 FSP for 4 Pieces
Trader Joe's Premium Salmon Burgers - 2 FSP for 1 Patty
Trader Joe's Mahi Mahi Burgers - 2 FSP for 1 Patty
Ming's Asian vegetables with Beijing Style Soy – 3 FSP for 1/4 pkg
Mini Churros – 3 FSP for 1
Trader Joe's Turkey Meatballs - 3 FSP for 2
Trader Joe's Chile Lime Chicken Burgers - 3 FSP for 1 Patty
Trader Joe chili lime chicken burger – 3 FSP for 1
Trader Joe's Turkey Burger Patty – 3 FSP for 1
Trader Joe's Vegetable Fried Rice – 3 FSP for 1/2 cup
Trader Joe's Shrimp Stir Fry – 0 FSP for 1/2 bag
Trader Joe's Hold The Cone Mini Ice Cream Cones - 3 FSP for 1
Trader Joe's Shepherd's Pie - 4 FSP for Pie
Trader Joe's Spanakopita - 5 FSP for 3 Pieces
Trader Joe's Mini Chicken Tacos - 5 FSP for 4 Pieces

