

## **TRADER JOE'S PLANT-BASED, VEGAN, OIL-FREE PRODUCTS**

### **From: EATPLANT-BASED**

While products at Trader Joe's are known for their tendency to come and go from the shelves, when they discontinue one item, another new option is right behind to replace the previous one. The biggest issue is for healthy plant-based folks who are avoiding oil, because the replacement of a previously oil-free product may now contain oil, so always read the labels.

### **Shelf-stable aseptic carton vegan products**

- Organic Hearty Vegetable Broth
- Plant milk—almond, soy, etc
- Miso
- Miso ginger broth
- Split pea soup
- Lentil vegetable soup

### **Healthy Bottled Items**

- Rice vinegar
- Maple syrup
- Fruit juices
- Sriracha
- Balsamic glaze
- Green juice
- Orange Muscat champagne vinegar
- Sesame soy ginger vinaigrette
- Organic spaghetti sauce with mushrooms
- White balsamic vinegar
- Organic ketchup
- Fat-free balsamic dressing
- Stir fry sauce
- Soy sauce

## **Canned Goods**

- Low-sodium beans
- Fire-roasted tomatoes
- Organic pumpkin
- Black beans
- Fat-free baked beans
- Fat-free refried beans
- Cuban black beans
- Jack fruit
- Fire-roasted diced green chilies
- Different veggies

## **Dry Goods & Pasta**

- Joe's O's Cereal
- 10-Minute farro
- 10-Minute barley
- Red lentils
- Chia seeds
- Flax
- Brown jasmine rice
- Nuts
- Coffees & tea
- Dried fruit
- Dried watermelon jerky
- Dried dark sweet cherries
- Raw cashew pieces
- Nutritional yeast
- Ancient grain & super seed oatmeal
- Red lentil pasta
- Hearts of palm pasta
- Quinoa tri-colors
- Whole wheat couscous
- Oatmeal including steel-cut
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## **Jarred Vegan Oil-Free Products**

- Marinated mushrooms
- Fat-free spicy black bean dip
- Roasted beets
- Roasted garlic salsa
- Fat free pizza sauce
- Organic spaghetti sauce with mushrooms
- Peanut butter
- Almond butter
- Yellow Cling peach halves
- Organic tahini
- Jam / Organic Super Fruit Spread
- Minced garlic
- Capers
- Roasted peppers
- Corn salsa
- Cowboy caviar
- Organic marinara
- Chipotle salsa
- Mango pineapple salsa
- Corn & chile salsa
- Unsweetened applesauce
- Peaches
- Pears

## **Fresh Bread & Tortillas**

- Mini sourdough bread bowls
- Almond flour tortillas
- French baguette
- Whole wheat lavish
- Corn tortillas
- Whole wheat tortillas
- Ezekiel bread
- Flatbread
- Pitas
- Sprouted wheat bagels

## **Vegan Oil-Free Crackers**

- Whole grain crisp bread crackers
- Tamari rice crackers
- Norwegian seed crackers
- Whole grain rice cakes
- Brown rice cakes
- Pretzel Slims "Everything"

## **Refrigerated / Deli / Prepared Food**

- Guacamole
- Salsa
- Hummus
- Precut Asian salad veggies
- Washed leeks
- Cooked lentils
- Non-dairy milks
- Twin-pack sprouted tofu
- Cooked beets
- Par-cooked rice noodles
- Organic tofu
- Sprouted tofu
- Steamed French lentils
- Jicama wraps
- Rice medley
- Eggplant hummus
- Creamy cashew yogurt
- Pomegranate seeds

## **Frozen Food**

- Organic hash browns
- Soyatash mixed vegetables
- Frozen veggies
- Frozen fruits
- Red rice multi-grain medley
- Harvest grain blend

- Fire-roasted peppers and onions
- Fire-roasted corn
- Brussels sprouts
- Artichoke hearts
- Brown rice
- Tofu sheets for wraps
- Asparagus
- Frozen ginger cubes
- Peppers

### **Spices / Baking**

- No-salt seasoning
- Alcohol-free vanilla
- Everything Seasoning
- 21 Seasoning Salute
- Turmeric
- [Nutritional yeast](#) (inactive yeast for flavoring)

### **Produce Section**

- Bagged greens
- Bok choy
- Mushrooms
- Squash
- Salads
- Organic multi-colored carrots
- Shaved Brussels sprouts
- Fresh sweet potato ribbons
- Bagged kohlrabi salad
- Riced cauliflower
- Broccoli slaw
- Steamed & peeled beets
- Japanese sweet potatoes