



JANELLE LYNNAE'S WEEKLY GROCERY LIST

SHOPPING FOR 2 BIG EATERS. BEST USED AT TRADER JOE'S!

(Not including ingredients for the 2 Instapot Recipes of the week)

Veggies

- 1 Colorful pepper (red is my favorite)
- 1 bag of whole Brussels (they stay better longer than the pre cut) OR 1 bag of broccoli
- 1 bag of spinach
- 1 bag of kale OR 1 bag cruciferious crunch
- 1 red onion
- 1 bag of small sweet potatoes
- 6-8 Perfect Bars, in veggie fridge section, Trail Mix & Chocolate Chip Cookie is my fave!

Fruits:

- 5 bananas
- 5 Apples or 5 Oranges
- 1 bag of frozen berry medley
- 1 bag of frozen blueberries or 1 bag of peaches or 1 bag of pineapple

Meat from Fresh Meat Section:

- About 1 lbs of all natural chicken breast
- About 1 lbs of all natural ground turkey
- 1 Pre-marinated steak

Dairy section

- 1 dozen eggs
- 1-2 cartons of egg whites
- 1 pint size or 3 cups of Fage 0% Greek yogurt
- 1 carton of vanilla almond milk



Frozen Section

- 1 bag turkey meatballs OR turkey patties
- 2 frozen tilapia
- 1 bag frozen peas or roasted corn
- 1 bag multigrain blend or fried rice
- 1 box whole wheat waffles
- 1-2 bags of sweet potato gnocchi or califlour gnocchi

Grain Section

- 1 tube of whole grain quick oats
- RX Protein bars if you don't like the Perfect Bars mentioned above
- 1 Loaf Whole Grain Bread, put in freezer at home
- 1 Bag white rice
- 1 Trader Joes Protein Pancake Mix
- 1 Garlic Pita Chips for Instapot Soups

Canned Section

- 1 Avocado or Olive Oil (lasts numerous weeks)
- 1 can coconut oil spray
- 1 can peanut butter - I prefer crunchy/ salty
- 1 can pre-minced garlic
- 1 can pesto or basil pasta marinara
- 1 Green Dragon sauce if you like spicy

Random things

- 1 Trader Joes Pre-Ground Coffee Medium Roast
- 1 Trader Joes 18oz Organic Pea Protein Powder
- 1 packet of cacao nibs for oatmeal or greek yogurt topping
- Honey for sweetening things
- TJ's Everything Bagel Seasoning
- TJ's 21 Salute Seasoning
- Grinders for Pink Himalayan sea salt & fresh black pepper balls

The End! Frankie & my total weekly grocery bill comes out to about \$160 - \$180 for the 2 of us because we eat a lot! Also, Trader Joe's is super affordable, that's why we shop there. :)

For more information, please email us at hello@janellelynnae.com