

Trader Joe's Healthy Snack List

Protein, fiber, and fat are key to helping you feel satisfied and having your best energy!
We recommend having *at least* two of these nutrients for a healthy snack.

Below, you will find a list of Cultivate Wellness approved healthy snacks from Trader Joe's. We have coded these snacks so you will know if the snack can be eaten on its own or if it needs to be paired with something else.

P = Protein

C = Fiber

F = Fat

Produce	Savory Snack
Fresh Fruit (C)	EPIC Bar (P + C + F)
Fresh Vegetables (C)	Chomps (P + F)
Avocado (C + F)	Oven Baked Cheese Bites (P + F)
	Just Beets (C)
Refrigerated/Dairy	Multigrain Pita Bite Crackers (C)
Spicy Avocado Hummus (C + F)	Blue Corn Tortilla Chips (C)
Buffalo Style Hummus (C)	Quinoa Black Bean Chips (C)
Classic Hummus (C + F)	Flaxseed Tortilla Chips (C)
White Bean & Basil Hummus (C + F)	Bamba Peanut Snacks (P + C + F)
Mediterranean Hummus (C + F)	Corn Pea Bean & Quinoa Crisps (C)
Edamame Hummus (F)	Peruvian Inca Corn (C)
Roasted Garlic Hummus (F)	3 Seed Sweet Potato Crackers (C)
Cheese – Any variety (P + F)	Seeds and Grains Crispbread (C)
Plain Nonfat Greek Yogurt (P)	Inner Peas (P + C)
Plain Whole Milk Greek Yogurt (P + F)	Kale Chips (P + C + F)
Vanilla Overnight Oats (P + C + F)	Dehydrated Rainbow Carrots (C)
Perfect Bar (P + C + F)	Crispy Crunchy Broccoli (C + P)
	Crispy Crunchy Okra (C + P)
Nuts/Trail Mix	Vegetable Root Chips (C)
Raw Nuts (P + F)	Heirloom Popcorn (C)
Roasted Nuts (P + F)	Olive Oil Popcorn (C)
Freeze Dried Fruit (C)	Crunchy Lentil Curls (C)
Dried Fruit with No Added Sugar (C)	12 Grain Mini Snack Crackers (C)
Omega Trek Mix (C + F)	
Almonds, Cranberries, Cashews Mix (P + C + F)	
Simple the Best Trek Mix (C + F)	
Go Raw Trek Mix (P + C + F)	



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Bars	Miscellaneous
KIND Protein Bar (P + C + F) KIND Peanut Butter Dark Chocolate Bar (P +C +F) Larabar (C + F) Caveman Collagen Bar (P + C + F) ABC Bar (C + F) Organic Hemp Seed Bar (F) Organic Chia Bar (C + F) Simply Nutty Bar (P + C + F)	Nut Butters (P + C + F) Frozen Fruit (C) Apple Carrot Fruit Sauce Crusher (C) Apple Banana Fruit Sauce Crusher (C) Applesauce (C)

Note: These items may not be available at every Trader Joe’s location and this list certainly may not include every healthy snack that they have, especially seasonal items! Feel free to email us at admin@cultivatewellnessllc.com if you have a question about a product that is not listed here.

