

SIBO Specific Diet Grocery List – *Trader Joe's*

This list includes processed products that have listed ingredients that are compatible with the SIBO Specific Diet. It does not account for unlisted ingredients that are under 2% of the total product. When various brands are available, be sure to check ingredient labels. It's important to test products to see what works best for each person. Don't see a product you recommend? Contact [us](#) and we'll add it to the list!

DRINKS

- Tejava unsweetened tea, 1 Liter \$1.49, 4-pack \$2.99
- Herbal tea, various
- Cold brew coffee concentrate \$7.99

FROZEN FOODS

- Frozen red, yellow and green bell pepper strips \$1.69
- Frozen organic broccoli florets \$2.49
- Frozen organic green beans \$1.49
- Frozen blueberries \$3.99
- Frozen raspberries \$3.69
- Frozen shrimp, medium \$7.99
- Frozen seafood blend \$7.99

REFRIGERATED PRODUCTS

- Lightly seasoned chicken 6.99
- Grilled white meat chicken \$5.49
- Roasted Brussels sprouts \$2.99
- Steamed and peeled baby beets \$1.99
- Fully cooked grass fed beef sirloin roast 10.99 per lb
- Fully cooked pork belly \$6.49

DELI

- Hard cheese, aged 30+ days
- Greek olive medley \$3.99

- Prosciutto (check labels, should only contain pork and salt)

CANNED & PACKAGED PRODUCTS

- Various raw & roasted/salted nuts
- Dijon mustard with white wine \$1.69
- Canned artichoke hearts \$2.29
- Organic pitted kalamon olives \$2.99
- Jumbo pitted Kalamata olives \$2.99
- Coconut oil, \$5.99
- Ghee, \$3.99
- Garlic olive oil \$3.99
- Olive oils, various
- Wild Planet wild sardines in olive oil or spring water \$3.19 (various brands)
- Albacore solid white tuna \$1.69
- Pink salmon \$2.79
- Anchovies \$1.59
- Jalapeno pepper hot sauce \$2.29
- Organic salted/unsalted peanut butter \$3.49
- Creamy salted/unsalted peanut butter \$2.49
- Raw almond butter \$7.99
- Organic flake coconut, unsweetened \$1.99
- Organic coconut aminos \$2.99