

Dietitian's Costco Grocery List FOR MEAL PREP

Date :

S M T W T F S

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Protein

- Natures Touch Edamame
- BeanVivo Chickpeas & Edamame
- Family Traditions Edamame
- Chickapea Pasta
- Fountaine Sante Tofu
- Vega & Lean Fit Protein Powder
- Bean Burgers
- Canned Chickpeas
- SummerFresh Chickpea Salad
- Fontaine Sante Hummus



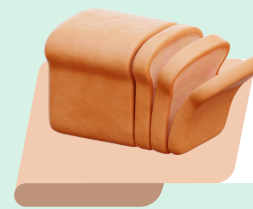
Condiments/Oils

- Kirkland Mixed Nut Butter
- Chosen Foods Avocado Oil Spray & Avocado Oil
- Terra Delyssa Extra Virgin Olive Oil
- PB2
- Everything Bagel Seasoning
- Victoria White Linen Marinara Sauce
- Kirkland Maple Syrup



Fruits & Veg

- Natures Touch Frozen Fruit & Veggies
- Tatooed Chef Sheet Pan Veggies
- Kirkland Frozen Vegetables
- Kirkland Organic Frozen Raspberries
- PuraVida Roasted Vegetables
- Fontaine Sante Taboule
- PG Bruschetta



Grains

- BFree High Protein Tortillas
- One Degree Organics Sprouted Oats
- Lundberg Wild Blend Rice
- Belgusto Italia Potato Gnocchi
- Kirkland Organic Quinoa
- Lotus Food Millet & Brown Rice Ramen
- Silver Hills Sprouted Bread
- Carbonaut Bread
- Orowheat Wraps
- The Little Northern Bakehouse Bread



Pantry

- Sprague Lentil Soup & Chili
- Kirkland Diced Tomatoes
- Kirkland Almond & Soy Milk
- Kirkland Hemp Hearts & Chia Seeds
- Kirkland Almonds & Walnuts
- Original Cheerios
- Almond Flour
- Kirkland Quinoa



Snacks

- DeeBee's Organics Gelato Pops
- Innofoods Nut Clusters & Keto Granola
- Simply Protein Bars
- Seedwise Cookies
- Mary's Crackers
- That's It Bars
- Healthy Crunch Bars
- Wholly Guacamole Cups