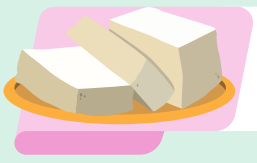
Dietitian's

Costco Grocery List

For Meal Prep

Date :

S M T W T F S



Protein

- Natures Touch Edamame
- Family Traditions Edamame
- Chickapea Pasta
- Fountaine Sante Tofu
- Vega & Lean Fit Protein Powder
- MorningStar Black Bean Burger
- Canned Chickpeas
- Flourish Protein Pancakes
- Fontaine Sante Hummus



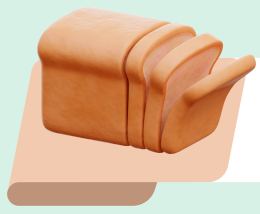
Condiments/Oils

- 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
- 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
- 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

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