

Dietitian's

Costco Grocery List FOR MEAL PREP

Date :

S M T W T F S

 

Protein

- Natures Touch Edamame
- BeanVivo Chickpeas & Edamame
- Family Traditions Edamame
- Chickapea Pasta
- Felicia Red Lentil Pasta
- Split Red Lentils
- Fontaine 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
- Tatooned Chef Sheet Pan Veggies
- Kirkland Frozen Vegetables
- Kirkland Organic Frozen Raspberries
- PuraVida Roasted Vegetables
- Fontaine Sante Taboule
- PG Bruschetta
- Boreal Wild Blueberries



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
- Prana Overnight Chia



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
- Cova Probiotic Soda



Snacks

- Farm Girl Cinnamon Crisps
- Three Farmers Bean Snacks
- Simply Protein Bars
- Prana Bean Me Up
- That's It Bars
- TruBars
- Kirkland Fruit & Vegetable Pouches
- Healthy Crunch Fruit & Seed Mix
- Wholly Guacamole
- Kirkland Apple Snacks