

COSTCO SHOPPING LIST

<u>Calories</u>
<u>Grams Complete Protein</u>
<u>Grams Fat</u>

COSTCO Casual Gourmet chicken sausage (1 link = 3 oz)	<u>110</u>	<u>130</u>
	16	17
	4	5
COSTCO Hans all natural chicken sausage	<u>130</u>	<u>120</u>
	14	13
	6	6
Amy's Chicken Sausage	<u>110</u>	
	13	
	5	
Jenni-O Turkey Tenderloin (per oz)	<u>40</u>	
	5	
	2.5	
Jenni-O Turkey Bacon (per slice)	<u>40</u>	
	6	
	1.5	
Pilgrims Pride Turkey Burger (4 oz per patty)	<u>130</u>	
	24	
	3	
Rose Canadian Bacon (2 oz per slice)	<u>30</u>	
	5	
	1	
Kirkland 99 % Lean Ham Lunchmeat (per oz)	25	
	5	
	0.5	
Lean Ole Frozen Burritos		
	Beef	Chicken
	<u>380</u>	<u>370</u>
	19	18
	4	4
Coleman's Natural Gourmet Chicken Meatballs (per meatball)	<u>110</u>	
	14	
	5	
Edamame (edible part) (per oz)	<u>40</u>	
	2	
	2	
Emerald Valley FF Bean Dip (2 Tbsp)	<u>30</u>	
	0	
	0	
Rosarito FF Refried Beans (1/2 cup)	<u>90</u>	
	7	
	0	
Costco Chicken Noodle Soup (1 cup)	<u>220</u>	
	16	
	6	
Progresso Chicken Soup (2 cups per can)	<u>200</u>	
	16	
	4	
Soy Thin Crisp Chips (per oz)	<u>106</u>	
	7	
	2.5	
Crunch Masters Rice Crackers (per oz)	<u>120</u>	
	0	
	2	
Stacey's Pita Chips (per oz)	<u>130</u>	
	0	
	4	

Egg Beaters (1/4 cup)	<u>30</u>
	6
	0
Jenni-O Turkey Sausage x 2	<u>130</u>
	9
	11
Healthy Choice Bkfst Sausage x 3	<u>70</u>
	8
	3
Hormel.com Beef Tips with Gravy (per serving)	<u>160</u>
	20
	7
CattleDriveGold ChickenChili (per cup)	<u>190</u>
	12
	1
Chobani NFGreek Yogurt (6oz)	<u>140</u>
	14
	0
Fage 2% Yogurt (6 oz)	<u>130</u>
	17
	4
Fage 0% fat (6 oz)	<u>90</u>
	15
	0
LowFat Cheese	
Frigo Light (Cheeseheads)	<u>60</u>
	9
	2.5
Precious (Stringsters)	<u>70</u>
	8
	4
Laughing Cow Light (3/4 oz per wedge)	<u>35</u>
	2.5
	2
Baby Bell lite (per oz)	<u>70</u>
	5
	6
Jarlsberg Lite (1 oz per slice)	<u>70</u>
	9
	3
Boboli Mini Crusts (1/2 pizza)	<u>160</u>
	0
	3
Palermo's Primo Thin Pizza (1/4 pizza)	<u>195</u>
	10
	9
Amy's Spinach Pizza (1/4 pizza)	<u>232</u>
	9
	9
Amy's Spinach Pizza (1/3 pizza)	<u>310</u>
	12
	12
Amy's Spinach Pizza indiv	<u>440</u>
	19
	18
Alexia Sweet Potato Fries (3 oz)	<u>140</u>
	0
	5