



# Sam's Club Shopping List



## Dairy / Deli

cubed cheese  
 mozzarella  
 Tillamook cheddar  
 laughing cow cheese  
 feta cheese  
 salami/cheese platters  
 Good cheese selection, any of your favorites (check the label for hidden sugars and carbs!)  
 heavy whipping cream  
 cottage cheese  
 sour cream  
 eggs  
 butter  
 cream cheese  
 egg whites  
 unsweetened Silk almond milk  
 Triple Zero Greek Yogurt  
 bacon  
 lunch meat  
 Hebrew Nat'l hot dogs

## Fruit & Vegetables

strawberries, raspberries, apples, pears, oranges, other favorites  
 lettuce  
 favorite vegetables  
 (we like mini peppers, lettuce, green beans, etc.)  
 carrots  
 sweet potatoes  
 cucumbers  
 bell peppers  
 Heirloom tomatoes & regular

## Pantry

Organic Tru Roots Quinoa (2 lb bag)  
 truvia  
 green tea  
 coffee  
 chicken broth  
 Muir Glen organic canned diced tomatoes  
 RoTel diced tomatoes  
 Blue Parrot no-sugar-added spaghetti sauce  
 Kraft parmesan cheese  
 Green lentil penne pasta (E)  
 Red lentil pasta (E)  
 organic canned chicken  
 canned tuna  
 canned beans  
 canned olives  
 dried pinto beans  
 canned green chiles  
 artichoke hearts  
 mustard  
 chia seeds  
 flax seeds  
 flax-chia-coconut blend  
 coconut flour  
 almond flour  
 apple cider vinegar  
 olive oil  
 coconut oil  
 seasonings  
 Himalayan pink salt  
 baking soda  
 cocoa powder  
 pure vanilla extract

## Nuts & Seeds

roasted sunflower seeds  
 nuts (check the label for added sugars)  
 I have found mixed nuts, peanuts, and almonds at my Sam's Club

## Meat

Chicken breasts  
 Chicken thighs  
 Ground beef  
 Ground beef patties  
 chicken wings  
 Most unseasoned meats will fit into THM - we buy pork for carnitas, steaks on occasion, etc.  
 Rotisserie Chicken (at my Sam's Club it's labeled GF)

## Beverages

Perrier sparkling water  
 Bai 5  
 La Croix sparkling water  
 bottled water  
 Aqua Balls for kids (stevia sweetened)  
 vitamin water zero

## Frozen

frozen broccoli  
 frozen green beans for THM green fries  
 frozen cauliflower for pizza crusts, etc.  
 frozen berries  
 frozen Wild Atlantic Salmon burgers  
 organic frozen veggie blend  
 flounder (NOT the breaded kind)  
 Enlightened ice cream bars