

# **Costco Shopping List for the 5+1 Plan**

## **Costco Shopping List Beef Items for 5+1 Plan**

- Greenridge Farm Beef Sticks: 2 sticks = 1 lean

## **Costco Shopping List Chicken & Turkey Items for 5+1 Plan**

- AMYLU Caramelized Onion Chicken Burgers. 1 1/2 patties = 1 lean
- Chicken Breast. 6 oz cooked = 1 leaner
- Coleman Organic Basil and Roasted Garlic Chicken Meatballs. 5 meatballs = 1/2 lean (must be combined with 1/2 low sodium lean from guide)
- Don Lee Farms Chicken Patties. 2 patties = 1 leaner
- Foster Farms Turkey Meatballs. 5 meatballs = 1 lean
- Jones Dairy Farm Fully Cooked Chicken Sausage. 3 links = 1 oz protein. Too high in sodium for more.
- Kirkland Turkey Burgers. 1 1/2 patties = 1 lean
- Rotisserie Chicken, no skin. 6 oz = 1 leaner
- Sabatino's Organic Basil and Cracked Pepper Smoked Chicken Sausage: 1 2/3 links = 1 lean
- Sabatino's Smoked Mozzarella with Artichokes and Garlic Chicken Sausage: 1 2/3 links = 1 leaner
- Sukhi's Chicken Coconut Curry: 6 oz = 1 lean
- Kirkland Canned Premium Chunk Chicken Breast: 6 oz = 1 leaner
- West End Chicken Skewers. 4 skewers = 1 leaner

## **Costco Shopping List Fish, Shrimp & Seafood Items for 5+1 Plan**

- Highliner Roasted Lemon Pepper Cod. 2 fillets = 1 leaner
- Kirkland Solid White Canned Albacore Tuna packed in water, 7 oz = 1 leanest
- Salmon. 5 oz cooked = 1 lean
- Trident Alaskan Salmon Burgers. 1 1/3 patties = 1 lean

## **Costco Shopping List Plant Based & Other Options Items for 5+1 Plan**

- Crepini Egg Thins with Cauliflower. 2 thins = 1 condiment or 1 green
- Frozen Riced Cauliflower 1/2 c = 1 green
- Kibun Healthy Noodle. 4 oz = 1 green
- Kirkland Plain Greek Yogurt. 12 ounces = 1 leanest
- PBFit 1Tbsp = one condiment 2 Tbsp = 1 snack
- Premier Protein Shakes. 1 1/2 Shakes = 1 leaner
- Victoria White Linen Marinara Sauce: 1/4 cup = 1 green
- Rao's Homemade Marinara Sauce: 1/4 cup = 1 green
- Wholly Guacamole mini cups: 1 container = 2 healthy fats
- Zucchini Noodles: 1/2 c = 1 green
- Kirkland Organic unsweetened Almond Milk: 1 cup = 1 condiment

## **Costco Shopping List Green & Vegetable Items for 5+1 Plan**

portabella mushrooms, zucchini and summer squash, romaine lettuce, cauliflower, broccoli, French green beans, spinach, spring mix, frozen green beans, English cucumbers, mini sweet peppers, bell peppers, frozen cauliflower, and broccoli

## **Costco Shopping List Lean Items for 5+1 Plan**

Shrimp, salmon, pork chops, lean ground beef, lean ground turkey, chicken thighs, cooked turkey breast, Rotisserie chicken, frozen chicken breasts, frozen tilapia, filet mignon steaks, top sirloin steaks and flank steaks