

Sam's Club Healthy Shopping List for the 5+1 Plan

Sam's Club Healthy Shopping List Chicken & Turkey Items

- Member's Mark Premium Chunk Chicken Breast - 6 oz = 1 leaner
- Member's Mark Mesquite Grilled Chicken Breasts, Frozen - 6 oz = 1 leaner
- Member's Mark Fire Grilled Chicken Breasts, Fresh - 6 oz = 1 leaner
- Member's Mark Boneless Skinless Chicken Breasts - 6 oz = 1 leaner
- Member's Mark Chicken Fajitas by John Soules Foods – 6 oz = 1 leaner
- Member's Mark Hardwood Pulled Smoked Chicken - 6 oz = 1 leaner
- Member's Mark Fire Grilled Chicken Skewers - 3 skewers = 1 leaner
- Member's Mark Chicken Tenderloins - 6 oz = 1 leaner
- Member's Mark Chicken Mozzarella Meatballs - 5 meatballs = 1 leaner
- Member's Mark Oven Roasted Turkey Breast - 7 oz = 1 leanest

Sam's Club Healthy Shopping List Fish & Seafood Items

- Member's Mark Solid White Albacore Tuna - 6 oz = 1 leaner
- Member's Mark Raw Argentine Red Shrimp - 7 oz = 1 leanest
- Member's Mark Cold Smoked Atlantic Salmon - 5 oz = 1 lean
- Member's Mark Mahi Mahi Portions, Frozen - 7 oz = 1 leanest
- Member's Mark Tilapia Fillets - 7 oz = 1 leanest
- Member's Mark Farm-Raised Atlantic Salmon - 5 oz = 1 lean
- Member's Mark Shrimp Tray (no sauce) - 7 oz = 1 leanest

Sam's Club Healthy Shopping List Beef, Lamb & Pork Items

- Member's Mark USDA Select Angus Beef Inside Skirt - 5 oz = 1 lean
- Member's Mark Angus Beef Fajitas by John Soules Foods - 5 oz = 1 lean
- Member's Mark Sliced Beef Sirloin - 5 oz = 1 lean
- Member's Mark Pork Chops - 6 oz = 1 leaner
- Member's Mark New Zealand Lamb Loin Chops Tray - 5 oz = 1 lean

Sam's Club Healthy Shopping List Dairy Items

- Member's Mark Nonfat Plain Greek Yogurt - 12 oz = 1 leanest
- Member's Mark Cage Free Large Brown Eggs - 3 whole eggs = 1 lean
- Member's Mark Liquid Egg Whites - 2 cups = 1 leanest
- Member's Mark Shredded Parmesan Cheese - 1 tbsp = 1 condiment

Sam's Club Healthy Shopping List Vegetables

- Member's Mark Broccoli Florets, Frozen - ½ cup = 1 green
- Member's Mark Green Beans - ½ cup = 1 green

Sam's Club Healthy Shopping List Fresh Vegetable Items

- Asparagus - ½ cup = 1 green
- Bell Peppers - ½ cup = 1 green
- Broccoli - ½ cup = 1 green
- Cauliflower - ½ cup = 1 green
- Cucumbers - ½ cup = 1 green
- Garlic - 1 tsp or 1 clove = 1 condiment
- Green Beans - ½ cup = 1 green
- Iceberg Lettuce - 1 cup = 1 green
- Mini Bell Peppers - ½ cup = 1 green
- Mushrooms - ½ cup = 1 green
- Onions - 1 tbsp chopped = 1 condiment
- Romaine Lettuce - 1 cup = 1 green
- Spinach - 1 cup = 1 green
- Tomatoes - ½ cup = 1 green

Sam's Club Healthy Shopping List Healthy Fats

Almonds, Cashews & Pistachios

- Member's Mark Natural Whole Almonds - ⅓oz = 1 healthy fat
- Member's Mark Sliced Almonds - ⅓oz = 1 healthy fat
- Member's Mark Unsalted Cashews - ⅓oz = 1 healthy fat
- Wonderful Pistachios, Roasted Lightly Salted - ⅓ oz = 1 healthy fat

Butter, Margarine & Mayo

- Kraft Mayonnaise - ½ tbsp = 1 healthy fat
- Hellmann's Mayonnaise - ½ tbsp = 1 healthy fat
- Member's Mark Mayonnaise - ½ tbsp = 1 healthy fat
- Member's Mark Unsalted Sweet Cream Butter - ½ tbsp = 1 healthy fat

Oil's

- Member's Mark Organic Extra Virgin Olive Oil - 1 tsp = 1 healthy fat
- Member's Mark Extra Virgin Olive Oil - 1 tsp = 1 healthy fat
- Bertolli Extra Light Olive Oil - 1 tsp = 1 healthy fat
- Pompeian Imported Classic Pure Mild Olive Oil - 1 tsp = 1 healthy fat
- Olivari Avocado Oil - 1 tsp = 1 healthy fat

Other Fats

- Avocados - 1½ oz = 1 healthy fat
- Member's Mark Homestyle Chunky Guacamole – 2 tbsp = 1 healthy fat

Sam's Club Healthy Shopping List Condiments

Milk

- Member's Mark Unsweetened Vanilla Almond Milk - 1 cup = 1 condiment
- Silk Unsweetened Original Almond Milk - 1 cup = 1 condiment
- Silk Unsweetened Vanilla Almond Milk - 1 cup = 1 condiment

Spice Items

- Member's Mark Minced Garlic - 1 tsp = 1 condiment
- Member's Mark Garlic Powder - ½ tsp = 1 condiment
- Member's Mark Granulated Onion - ½ tsp = 1 condiment
- Member's Mark Paprika - ½ tsp = 1 condiment
- Member's Mark Minced Onion - ½ tsp = 1 condiment
- Member's Mark Organic Ground Cumin - 1 tsp = 1 condiment
- Member's Mark Chives - ¼ cup chopped = 1 condiment
- Member's Mark Chili Powder - ½ tsp = 1 condiment
- Member's Mark Ground Cinnamon - ½ tsp = 1 condiment
- Member's Mark Organic Ground Cinnamon - ½ tsp = 1 condiment
- Member's Mark Organic Granulated Onion - ½ tsp = 1 condiment
- Member's Mark Organic Garlic Granulated - ½ tsp = 1 condiment
- Member's Mark Ground Cayenne Pepper - ½ tsp = 1 condiment

Other Sam's Club Healthy Shopping List Items

- Quest Chips - Variety Pack - 1 bag = ½ leaner
- Member's Mark Olive Oil Cooking Spray - 10, ¼ second sprays = 1 condiment
- Pam Original Cooking Spray - 10, ¼ second sprays = 1 condiment