

Medi for All Shopping List



COSTCO

- Chobani Zero Sugar Yogurt
- Whole Grain Bread - Dave's Killer Breads
- Seeds of Change Quinoa and Rice
- Seeds of Change Spanish Rice
- Sweet Kale Salad kit
- Mediterranean Crunch Salad kit
- Italian Salad Kit
- Three Bridges Egg Bites
- Hard Boiled Eggs
- Rotisserie Chicken
- Cilantro lime Shrimp
- Mediterranean Style Chicken Skewers
- Asian Spinach Chicken Wrap with Rotisserie Chicken
- Chicken Street Tacos
- Chicken Burrito Bowl
- Frontera Fajita Chicken Kit
- Cheese, Fruit, and Nut packets
- Azuma Seaweed Salad
- Quinoa salad
- Caesar Salad kit
- Peach Mango Salsa
- Guacamole cups
- Hummus cups
- Peach cups
- Grapefruit Cups
- Mandarin Orange Cups
- Nori Seasoned Seaweed

From the Freezer Section:

- Acai Bowl
- Daybreak Blend Frozen Fruit
- Jimmy Dean Turkey Sausages
- Fire Roasted Veggies
- Mexican Style Street Corn
- Stir-Fry Blend Veggies
- Teriyaki Stir Fry Udon with Mixed Veggies
- Edamame
- Salmon Burger
- Miso Glazed cod

Meal Ideas with These Ingredients:

Breakfast:

- Acai Bowl
- Daybreak Blend Frozen fruit + Pain Greek yogurt + PB/almond butter = fruit smoothie
- Three Bridges Egg Bites + berries + whole grain toast like Dave's Killer Bread + PB/nut butter
- Chobani zero sugar yogurt + Jimmy Deam Turkey Breakfast Sausages + peach cup

Lunch/Dinners:

- Sweet Kale salad kit + rotisserie chicken + grapefruit cup
- Mediterranean Crunch Salad Kit + Mediterranean Style Chicken Skewers
- Chicken Street Tacos + Fire-Roasted Veggies + orange slices
- Chicken Burrito Bowl + Mexican Style Street Corn + grapes + peach mango salsa

- Asian Spinach Wrap with Rotisserie chicken + edamame (frozen) + Azuma seaweed salad
- Frontera Fajita Chicken kit + guacamole + carrots, sugar snap peas, cherry tomatoes
- Shrimp + stir fry blend + Seeds of Change quinoa + rice pouch
- Miso Glazed Cod + Teriyaki stir- fry Udon with mixed veggies
- Salmon burger + Quinoa Salad + Caesar salad kit
- Cilantro Lime Shrimp + Italian Salad kit + Seeds or change Spanish rice

Snacks:

- Hummus individual packet + carrots, sugar snap peas and cherry tomatoes
- Cheese, Fruit and Nut Packs
- Nori Seasoned Seaweed with Mandarin orange cups
- Peanut butter/nut butter toast
- Hard boiled eggs + berries + nuts (walnuts/almonds)
- Peanut butter + apples
- Chobani yogurt with nuts and fruit