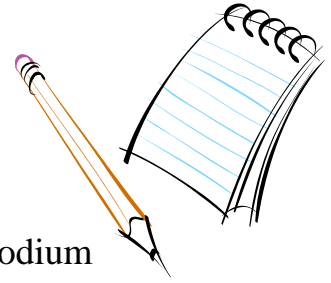


Shopping List:



- ✓ Rotisserie chicken (Available at Costco)
- ✓ Columbus Herb Roasted Turkey Breast Low Sodium (Available at Costco)
- ✓ Edamame
- ✓ Raw almonds or Kirkland Signature Dry Roasted Almonds (Costco brand)
- ✓ Greek yogurt
- ✓ Eggs (for hard boiling)
- ✓ Apples
- ✓ Blueberries
- ✓ Cottage cheese (low-fat)
- ✓ Snap peas or cucumbers
- ✓ Hummus (individual Sabra packs available at Costco)
- ✓ Celery
- ✓ Peanut butter (or almond butter) make sure you buy the “all-natural” brands.
- ✓ Feta cheese
- ✓ Red, orange or yellow bell peppers