

## **Costco Business Delivery**

### **Shopping List**

#### **Fruits**

##### **Apples**

**Why I like it:** Apples have been shown to wake you up more than a cup of coffee. They are full of fiber (4 grams) and high in antioxidants. Great when combined with a handful of nuts or a Tbs. of nut butter. An apple can fill you up and is an excellent snack or a great way to kill your sweet tooth after lunch.

Costco Business link click here: <http://bit.ly/O076lc>

##### **Ready-Pac Apple Granola & Yogurt Snack Pac**

**Why I like it:** This is a nice combo of fruit (fiber), yogurt (protein) and granola (complex carbs). I think this is a good lunch and certainly something that can fill you up in a pinch. Also good for taking into long meetings or on a plane; and no prep on your part!

Costco Business link click here: <http://bit.ly/RsTxdf>

#### **Veggies**

##### **Veggie Snack Pac**

**Why I like it:** I think this is a healthy way to sneak more fruits and veggies into your daily diet. While I'm not a huge fan of eating a lot of pretzels, this is a small serving size so it receives my approval.

Costco Business link click here: <http://bit.ly/RZoGaw>

##### **Ready Pac Bistro Santa Fe Caesar Salad Bowls**

**Why I like it:** This is a great salad with protein and fiber. To make this a lower fat option, I would opt for using just ½ the amount of supplied dressing.

Costco Business link click here: <http://bitly.com/Oy2t02>

#### **Bread**

##### **Oroweat Sandwich Thins Whole Wheat**

**Why I like it:** This is an excellent way to make a sandwich. Everyone knows whole wheat bread is better for you than white bread. And this one comes with 5g of fiber and only 1g of fat and just 100 calories

Costco Business link click here: <http://bit.ly/QUcP6N>

## Drinks

### Coffee creamer

**Why I like it:** We all need to avoid the powdered creamers. Most of them are chock full of artery clogging trans fats. According to Harvard research, trans fats are responsible for 1 in 5 heart attacks. Just use the real ½ & ½ creamer; and this one comes in the perfect serving size.

Costco Business link click here: <http://bit.ly/TvSx5P>

### Talking Rain Sparkling Water Variety

I like all of the Talking Rain products.

**Why I like it:** Calorie free, sodium free and it tastes delicious. I find that this drink is a good way for me to curtail my afternoon sweet tooth.

Costco Business link click here: <http://bit.ly/NXjgQ>

## Snacks/nuts

### Kirkland Signature Dry Roasted Almonds

**Why I like it:** Almonds are one of my favorite afternoon snacks. High in protein and a good source of fiber; it helps to fill me up and it gives me an energy boost in the afternoon.

Costco Business link click here: <http://bit.ly/Qzu9Dz>

### David's Pumpkin Seeds

**Why I like it:** High in protein and zinc. Zinc is an immune system booster. This is an excellent snack, especially if your co-workers are sniffing and sneezing.

Costco Business link click here: <http://bit.ly/TvT1J8>

### Kirkland Signature California Pistachios

**Why I like it:** Pistachios are high in protein. What I like about this snack is that it comes in the shell, making it harder to eat, so it naturally slows you down-a good thing!

Costco Business link click here: <http://bit.ly/RnD7ic>

### Walnuts

**Why I like it:** Walnuts are an excellent heart healthy snack. A small handful will make a good high protein snack. Also, add some to your morning oatmeal or cereal to boost the protein/nutrient content.

Costco Business link click here: <http://bit.ly/NOiTPO>

### **Kirkland Signature Trail Mix Tube**

**Why I like it:** I do like this trail mix. It's a nice combo of sweet & salty. An ounce is a serving so keep an eye on your serving size and read your labels.

Costco Business link click here: <http://bit.ly/N0iVXf>

### **popchips Variety Pack**

**Why I like it:** I am a huge popchips fan. I like that I can have an entire serving of chips for around 100 calories. Sometimes in the afternoon I just need a crunchy, slightly salty snack; and this one meets my standard. I also crumbled them up and add to salads in place of croutons (this is a huge fat & calorie saver)

Costco Business link click here: <http://bit.ly/Oy3Pbi>

## **Dairy**

### **Oikos Greek Style Yogurt Non-Fat**

**Why I like it:** Lower in sugar with almost 40% more protein than regular yogurts. Add some berries and a little trail mix for more variety.

Costco Business link click here: <http://bit.ly/Q2g3ZB>

### **Darigold 1% Low Fat Milk**

**Why I like it:** This is a good source of protein and can help to keep your energy and blood sugar high throughout the afternoon.

Costco Business link click here: <http://bit.ly/PR6EC1>

### **Bel Kaukauna Mini Babybel Cheese**

**Why I like it:** I really like this cheese. Lower in calories/fat than other types of cheese, I put this on whole wheat crackers for a decadent afternoon treat-without a ton of calories/fat.

Costco Business link click here: <http://bit.ly/Pv262s>