

# KETO FOODS TO BUY AT SAM'S CLUB

## SNACKS & NUTS

- Member's Mark Fried Pork Rinds 16oz \$5.98
- Member's Mark Natural Shelled Walnuts 48oz \$11.74
- Member's Mark Natural Pecan Halves 32oz \$14.26
- Member's Mark Whole Tender Artichoke Hearts in Water 33.5oz \$6.88
- Member's Mark Jalapeño and Garlic Stuffed Greek Olives 20.5oz \$6.76
- Lindsay Large California Ripe Black Pitted Olives 6-Pack/6oz \$8.98
- Krinos Pitted Kalamata Olives 35.27oz \$5.96
- Pace Chunky Medium Salsa 2-pack/38oz \$6.98
- Mt. Olive Kosher Petite Dill Pickles 46oz \$4.58
- Ro-Tel Original Diced Tomatoes & Green Chilies 8-pack/10oz \$6.48
- Member's Mark Oven Baked Parmesan Crisps 9.5oz \$9.76

## DAIRY

- Member's Mark Heavy Whipping Cream 32oz \$3.98
- Member's Mark Jack Snack Cheese 26ct \$7.48
- Organic Valley Stringles Organic String Cheese 18ct \$7.49
- President FETA Chunk Cheese -\$4.28/lb
- Athenos FETA Cheese Crumbles 24oz \$7.38
- Bel Gioioso Fresh Mozzarella Pearls 24oz \$6.98
- Bel Gioioso Shaved All Natural Cheese Blend 1.75lbs \$9.48
- Member's Mark Cream Cheese 3lb \$6.42
- Member's Mark Smoked Gouda Pimento Cheese Spread 32oz \$9.98
- Member's Mark Bacon & Cheddar Ranch Dip 24oz \$6.98
- El Terrifico Tamale Co. White Cheese Dip 32oz \$6.88
- Kerrygold Naturally Softer Pure Irish Butter 17.6oz \$7.58
- Finlandia Imported Salted Butter Sticks 16oz \$4.98



## REFRIGERATED

- Frank's RedHot Buffalo Style Chicken Dip 28oz \$8.98
- Chef Earl's Avocado Salsa with Fresh Tomatillos 32oz \$6.98
- Wholly Guacamole Classic Guacamole Peel & Serve Trays 3-pack/12oz \$8.98
- Wholly Guacamole Minis - Classic Guacamole 18-pack/2oz Cups \$9.98
- Member's Mark Classic Hummus 2-pack/16oz \$4.98
- Farm Ridge Foods All Natural Crunchy Cukes 32oz \$4.28
- Stonemill Kitchens Jalapeño Artichoke Dip & Spread 24oz \$6.98



## MEATS (INCLUDING CANNED OR FROZEN MEATS)

- Member's Mark Hardwood Smoked Pitmaster Seasoned Pulled Chicken 32oz \$9.97
- Member's Mark Hardwood Smoked Pitmaster Seasoned Pulled Pork 32oz \$9.97
- Member's Mark Spinach & Asiago Garlic Chicken Sausage 3.2lbs \$13.98
- Member's Mark Mozzarella & Roasted Garlic Chicken Sausage 3.2lbs \$13.98
- OLLI Salumeria Genoa Mild Salame 12oz \$9.98
- Fiorucci Panino Hard Salami Wrapped Mozzarella Cheese 9oz \$6.98
- Gourmet Selection Prosciutto 14oz \$9.98
- Double "Q" Wild Caught Alaskan Pink Salmon 4-pack/14.75oz \$12.98
- Member's Mark Naturally Hardwood Smoked Real Crumbled Bacon 20oz \$10.98
- Member's Mark Wild Caught Alaskan Salmon Burgers 48oz \$16.98 - FROZEN

## BEVERAGES

- Starbucks French Roast Whole Bean Coffee 40oz \$17.98
- La Croix Sparkling Water 24-pack/12oz \$7.88

## PRODUCE

- Asparagus
- Avocados
- Bell Peppers (eat occasionally)
- Blueberries (eat occasionally)
- Broccoli Florets (eat occasionally)
- Celery Sticks
- Cucumbers
- Kale
- Mushrooms (eat occasionally)
- Spinach
- Strawberries (eat occasionally)
- Romaine Lettuce Hearts
- Zucchini



## BAKING & CONDIMENTS

- Hersey's Cocoa Powder 23oz \$7.18
- Olivari Avocado Oil 1L \$7.99
- Bertolli Extra Light Tasting Olive Oil 2L \$13.98
- Member's Mark Organic Extra Virgin Olive Oil 2L \$15.28
- Member's Mark 100% Pure Olive Oil - Mild Flavor 3L \$17.28
- Bad Byron's Butt Rub Barbecue Seasoning 26oz \$8.78

