



# SAM'S CLUB KETO SHOPPING LIST

## SNACKS

- Atkins Snack Bar, Caramel Chocolate Nut Roll, 20-Count
- Duke's Original Recipe Smoked Shorty Sausages, 3-pack
- Greenridge Farm Naturals Black Forest Beef Sticks, 36 oz.
- Jimmy Keto Protein Bars, 14-pack
- Mac's Red Hot Pork Skins, 18oz
- Member's Mark Fried Pork Rinds, 16oz
- Member's Mark Oven Baked Parmesan Crisps, 9.5oz
- Nature's Garden Probiotic Keto Trail Mix Variety Pack, 18 oz.
- NuTrail Keto Nut Granola, Birthday Cake, 22 oz.
- Old Wisconsin Turkey Sausage Snack Sticks, 2lb
- Premier Protein High Protein Shake, 15-pack
- Quest Protein Bars, 14-pack
- Whisps Tangy Ranch Cheese Crisps, 9.5 oz.

## PANTRY

- Member's Mark Creamy Almond Butter, 24oz
- Member's Mark Jalapeño and Garlic Stuffed Greek Olives, 20.5oz
- Member's Mark Natural Pecan Halves, 32oz
- Member's Mark Natural Shelled Walnuts, 48oz
- Member's Mark Whole Tender Artichoke Hearts in Water, 33.5oz
- Mt. Olive Kosher Petite Dill Pickles, 46oz
- Pace Chunky Medium Salsa, 2-pack/38oz
- Rao's Homemade Marinara Sauce, 44oz
- Ro-Tel Original Diced Tomatoes & Green Chilies, 8-pack/10oz

## DAIRY

- Athenos Feta Cheese Crumbles, 24oz
- Bel Gioioso Fresh Mozzarella Pearls, 3-pack
- Bel Gioioso Shaved All Natural Cheese Blend, 1.75lbs
- El Terrifico Tamale Co. White Cheese Dip, 32 oz.
- El Viajero Queso Fresco Fresh Crumbling Cheese, 6.6lbs
- Great Midwest 4-Way Variety Wheel Cheese, 1lb
- Kerrygold Naturally Softer Pure Irish Butter, 17.6oz
- Kerrygold Salted Butter, 24oz
- Laughing Cow Spreadable Cheese Wedges, 3-pack
- Member's Mark Cream Cheese, 3lb
- Member's Mark Flamin' Jack Colby & Monterrey Jack Cheese, 1lb
- Member's Mark Heavy Whipping Cream, 32oz
- Member's Mark Jack Snack Cheese, 26ct
- Member's Mark Smoked Gouda Pimento Cheese Spread, 32oz
- Ole Mexican Foods Fresco Cheese, 2.2 lbs
- Ole Queso Panela Cheese, 32 oz.
- Organic Valley Stringles Organic String Cheese, 18ct
- President Feta Chunk Cheese, 1lb

## REFRIGERATED

- Member's Mark Buffalo Style Chicken Dip, 28 oz.
- Member's Mark Roasted Chiles and Cheese Cauliflower Dip, 24 oz.
- Three Bridges Country-Style Sausage Egg Bites, 4-pack
- Wholly Guacamole Classic Guacamole Peel & Serve Trays, 3-pack/12oz
- Wholly Guacamole Minis – Classic Guacamole, 18-pack/2oz Cups

## MEATS

- Daniele Inc. Delicatessen Trio, 16oz
- Double "Q" Wild Caught Alaskan Pink Salmon, 4-pack/14.75oz
- Fiorucci Panino Hard Salami Wrapped Mozzarella Cheese, 9oz
- Gourmet Selection Prosciutto, 14oz
- Hormel Black Label Fully Cooked Original Bacon, 10.5oz
- Member's Mark Bacon Wrapped Beef Tenderloin, 14ct
- Member's Mark Chicken Fajitas by John Soules Foods, 32 oz.
- Member's Mark Fire Grilled Chicken Breasts, 6 ct.
- Member's Mark Hardwood Smoked Pitmaster Seasoned Pulled Chicken, 32oz
- Member's Mark Hardwood Smoked Pitmaster Seasoned Pulled Pork, 32oz
- Member's Mark Naturally Hardwood Smoked Real Crumbled Bacon, 20oz
- Member's Mark Rotisserie Chicken, 3lb
- Quick 'N Eat Fully Cooked Angus Choice Beef Patties, 3 lbs.

## MISC. GROCERY

- Birch Benders Keto Pancake And Waffle Mix, 10 oz., 2-pack
- HighKey Chocolate Chip Fudge Brownie Baking Mix, 9 oz.
- Inked Keto Timber Wolf Keto Seeds Bread, 18 oz. 2-Pack
- Joy Life Foods Dark Chocolate Keto Cluster, 16 oz.
- Mission Carb Balance Spinach & Herb Wraps, 24oz

## FROZEN

- J. Scott Foods Bacon Wrapped Scallops, 20ct
- Jimmy Dean Delights Egg'wich Breakfast Sandwiches, 8ct
- Jimmy Dean Fully Cooked Original Pork Sausage Links, 36-Count
- Jimmy Dean Fully Cooked Original Pork Sausage Patties, 24-Count
- Jimmy Dean Fully Cooked Turkey Sausage Patties, 24-Count
- Member's Mark Riced Cauliflower, Frozen, 12 oz., 4-pack
- Real Good Foods Pepperoni Pizza Bowls, Frozen, 3-count
- The Perfect Bite Keto Pad Thai, 3-count

## BAKING

- Bad Byron's Butt Rub Barbecue Seasoning, 26oz
- Bertolli Extra Light Tasting Olive Oil, 2L
- Blue Diamond Almond Flour, 3lb
- Hersey's Cocoa Powder, 23oz
- Member's Mark 100% Pure Olive Oil – Mild Flavor, 3L
- Member's Mark Organic Extra Virgin Olive Oil, 2L
- Member's Mark Organic Virgin Coconut Oil, 56 oz.
- Member's Mark Spices, Seasonings, & Herbs
- Olivari Avocado Oil, 1L

## DRINKS

- Bai Boost Variety Pack, 15-pack
- La Croix Sparkling Water, 24-pack/12oz
- Member's Mark Unsweetened Vanilla Almond Milk, 64 fl. oz., 2-pack
- Silk Unsweetened Almond Milk, Half Gallon 3-pack
- Starbucks French Roast Whole Bean Coffee, 40oz