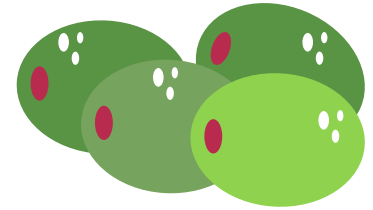


# Keto Foods to Buy at Sam's Club



## Snacks & Nuts

- Quest Protein Bars, 14-pack - \$20.98
- Jimmy Keto Protein Bars, 14-pack - \$16.84
- Old Wisconsin Turkey Sausage Snack Sticks, 2lb - \$12.98
- Member's Mark Fried Pork Rinds, 16oz - \$5.98
- Mac's Red Hot Pork Skins, 18oz - \$4.98
- 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
- Mission Carb Balance Spinach & Herb Wraps, 24oz - \$6.18



## Dairy

- Member's Mark Heavy Whipping Cream, 32oz - \$3.98
- Member's Mark Flamin' Jack Colby & Monterrey Jack Cheese, 1lb - \$4.98
- Member's Mark Italian Style 4-Cheese Shredded Blend by Bella Collina, 20oz - \$9.68
- El Viajero Queso Fresco Fresh Crumbling Cheese, 6.6lbs - \$21.98
- Great Midwest 4-Way Variety Wheel Cheese, 1lb - \$5.98
- Organic Valley Stringles Organic String Cheese, 18ct - \$7.49
- Member's Mark Jack Snack Cheese, 26ct - \$7.48
- 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 Items

- Frank's RedHot Buffalo Style Chicken Dip, 28oz - \$8.98
- Chef Earl's Avocado Salsa with Fresh Tomatillos, 32oz - \$6.98
- Member's Mark Avocado Salsa with Fresh Tomatillos, 32oz - \$6.98
- Wholly Guacamole Classic Guacamole Peel & Serve Trays, 3-pack - \$8.98
- Wholly Guacamole Minis - Classic Guacamole, 18-pack - \$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 & Seafood)

- Hormel Black Label Fully Cooked Original Bacon, 10.5oz - \$11.98
- Member's Mark Bacon Wrapped Beef Tenderloin, 14ct - \$10.98
- J. Scott Foods Bacon Wrapped Scallops, 20ct - \$14.98
- Member's Mark Chicken Mozzarella Meatballs, 2.5lb - \$11.98
- Member's Mark Fire-Grilled Chicken Skewers, 1.5lbs - \$8.98
- Member's Mark Rotisserie Chicken, 3lb - \$4.98
- 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
- Daniele Inc. Delicatessen Trio, 16oz - \$8.58
- 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

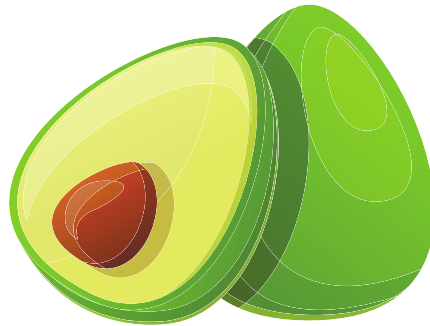
## Beverages

- Starbucks French Roast Whole Bean Coffee, 40oz - \$17.98
- La Croix Sparkling Water, 24-pack/12oz - \$7.88
- Bai Boost Variety Pack, 15-pack - \$17.98



## Produce

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



## Frozen Foods

- Itella Riced Cauliflower,  
12oz bags 4ct - \$7.98
- Member's Mark Wild Caught  
Alaskan Salmon Burgers, 48oz - \$16.98
- Jimmy Dean Delights Egg'wich  
Breakfast Sandwiches, 12ct - \$12.68

## Baking & Condiments

- Blue Diamond Almond Flour, 3lb - \$13.44
- 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
- Rao's Homemade Marinara Sauce, 44oz - \$8.98
- Member's Mark Spices, 8oz - \$6.77
- Bad Byron's Butt Rub Barbecue Seasoning, 26oz - \$8.78