

Meal Prep Grocery List | Wholesale Club Shopping

This meal prep grocery list contains my favorite things to buy from wholesale clubs such as Costco and BJ's wholesale club.

Meats & Proteins

- Chicken Breast
- New York Strip
- Organic Ground Beef 85%
- Chicken Sausage
- Pre-Cooked Pulled Pork
- Nitrate Free Bacon (usually applegate)
- Sliced Deli Turkey (usually applegate)
- Salmon (sometimes frozen wild)
- Canned Salmon
- Canned Chicken Breast
- Ground Turkey
- Italian Sausages
- Prosciutto

Nuts & Seeds

- Roasted Cashews
- Pistachios
- Pecans
- Almonds
- Almond Flour
- Almond Butter
- Peanut Butter
- Pumpkin Seeds
- Hemp Seeds
- Chia Seeds

Spices & Oils

- Garlic Powder
- Sea Salt
- Black Pepper
- Curry Powder
- Italian Seasoning
- Coconut Oil
- Avocado Oil
- Olive Oil

Fresh Veggies & Fruit

- Brussels Sprouts
- Bell Peppers
- English Cucumber
- Tomatoes
- Red Onions
- Broccoli
- Spring Mix
- Avocados
- Sweet Potatoes
- Golden Potatoes
- Asparagus
- Mushrooms
- Lemons
- Limes
- Strawberries
- Blackberries
- Blueberries

Frozen Foods

- Riced Cauliflower
- Broccoli
- Cherries (for smoothies)
- Burger Patties
- Salmon
- Ready Made Lasagna
- Pizzas

Dairy

- Heavy Whipping Cream (for coffee)
- Almond Milk (i know this isnt dairy)
- 5 Dozen Eggs
- Grass Fed Butter
- Cabot Cheese Snack Bars
- Babybel Cheese
Wheels



