

# Buying in Bulk after Bariatric Surgery?

## Healthy Finds at Costco

Breads, wraps, meat, fish, cheese, veggies, and fruits can be frozen, so don't be turned off by the amount of food- just freeze the rest!

FOOD GROUP/ AREA IN THE STORE	GENERAL FOOD OR SPECIFIC BRAND	TIPS TO USE!
<b>BREADS</b>	<i>Thomas's Light Multigrain English muffins</i>	With only 100 calories for the whole thing, it also packs in 6g protein and 8 g fiber!!
	<i>Flat Out Multigrain wraps</i>	Great 'vessel' for a 'sandwich' and it won't ruin your diet with only 100 calories and 8g fiber!
		
<b>MEATS</b>	Pre-portioned chicken breasts Frozen filets of fish or seafood (Tilapia, Salmon, Mahi Mahi, shrimp,)	Typically get about a pound per portion- easy preparation and can be frozen right away in 2-3 ounce portions Single 4 oz servings come vacuum packed so your meal is ready to be cooked! Most fish has about 90-120 calories per 4oz portion and 20-30 grams of protein!
	<i>Phillips Lump crabmeat or canned lump crabmeat</i>	Crab is a well tolerated lean protein choice! 2 ounces contains only 40 calories and 10 grams of protein!
		
	<i>Hillshire Farms Deli Select Ultra Thin Turkey</i>	It's a double sized package, but packed with protein! 2 ounces (or 6 thin slices) gives 50 calories, and 10 grams of protein! (freeze the rest)
<b>CHEESE</b>	<i>Laughing Cow LIGHT cheese wedges (original swiss, garlic &amp; herb, French onion)</i>	A great, cheap way to get in some protein in a low calorie cheese. These are great on apples or pears and especially great to replace cream cheese or creamy sauces in recipes!
	<i>Jarlsberg Light Reduced fat swiss cheese slices</i>	With only 50 calories and only 2.5g fat, this is a great way to get in 7g protein without much fat!
		
<i>Cabot 50% Light Cheddar (3/4 ounce single serving)</i>	These make perfect 'on the go' meals when paired with fruit! Each has only 50 calories, 3.5g fat, and 6g protein!	

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**FRUIT**

Berries!! You can usually find blueberries, strawberries, blackberries, and raspberries in large containers for a small price!

Berries freeze very well in Ziploc bags (which you can also buy here) and you can take out a portion at night for the next day, or add to frozen yogurt smoothies! Or try the large bags of already frozen berries!

Apples

Apples keep well for awhile, so you can buy large apples to eat for weeks! (most are 2 servings each!)



Tropical Fruits (mangoes, pineapples)

Try something new! Mangoes and pineapples can be cut, chopped, and frozen to eat with yogurt, on cereal, or in a frozen smoothie!

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**VEGGIES**

Lettuces and Spinach (prewashed lettuce mixes, baby spinach, Boston Bibb)

A big bag of raw spinach or prewashed lettuce makes a lot of salads for the week! Or cook the spinach down with plenty of garlic! Bibb lettuces make perfect 'wraps' without the carbs 😊



Asparagus, broccoli, bell peppers, cucumber

Try any veggie they have and try something new! Most are prewashed or cook the veggies how you like and freeze in batches!



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**DAIRY**

Yogurt- fat free, no added sugar, look for *Dannon Lite and Fit* or *Plain Chobani 0%* (the fruited flavors add real sugar)

Many of the flavored yogurts are sweetened with sugar or high fructose corn syrup. Look for Splenda or 'no added sugar' on the label



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**EGGS**

*Eggland's Best* eggs

Eggs can last 3-5 weeks in the fridge. Or hard-boil several and have as a mini-meal!

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**CANNED GOODS**



*Chicken of the sea* tunafish in water or *Kirkland* canned chicken or salmon

Canned proteins are perfect for on the go eating and keep for a long time in the pantry

*Delmonte* or *Contadina* tomato sauce and diced tomatoes

This is a low sugar brand and great for a liquid to cook lean ground beef or turkey breast in (instead of oil). Try diced tomatoes when you don't have fresh!



<b>CANNED GOODS</b>	<i>Swanson</i> Chicken Broth (33% reduced sodium)	Broth makes the best cooking liquid and adds minimal calories. Try stewing chicken in a can of broth for added flavor and moisture!	
<b>CEREAL</b>	<i>Quaker</i> Old Fashioned Oats or <i>McCanns</i> Steel Cut Irish Oatmeal	Use as traditional oatmeal or in recipes to replace flour! Use skim milk for added protein	
<b>NUTS</b>		<i>Emerald</i> , <i>Planter's</i> , or <i>Kirkland</i> brand UN salted, DRY roasted nuts (walnuts, almonds, peanuts, pistachios, pumpkin or sunflower seeds)	Remember to portion yourself out ONE ounce or ONE ¼ cup serving. Nuts can be great, but in small doses!
<b>BEVERAGES</b>	<i>Crystal Light</i> Quart mix or On the go single servings, <i>Fuze</i> Slenderize Low Carb (10 cal per 8 oz)	Stock up on <i>Crystal Light</i> here if you like it!	
<b>VITAMINS</b>		<i>Kirkland</i> Daily Multi, <i>Centrum</i> A-Zinc (not silver), <i>One-A-Day</i> Women's Multivitamin, <i>Nature Made</i> Liquid Softgel Multi Complete	<i>Kirkland</i> Daily Multi is similar to <i>Centrum</i> (not silver) so take 2/day for first 6 months after surgery, then 1/day for LIFE!
	<i>Kirkland</i> Calcium Citrate contains vitamin D, magnesium, an d zinc , and <i>Citracal</i> Maximum Strength	2 pills contain 500 mg calcium citrate, so take 2 pills at a time, 3 times per day; <i>Citracal</i> : 2 pills (630 mg) 3 times/day	