

Roadmap of Sam's Club

GUIDE TO NAVIGATING BARIATRIC GROCERY SHOPPING

Steph Wagner MS, RDN



\$5.95

MEATS

Rotisserie Chicken

3 oz 24 g Protein 3 g Fat

I buy a rotisserie chicken every time I go to Sam's club. It makes dinner easy if I am tired from grocery shopping or I can dice it up for chicken salad, stuffed peppers or chicken enchilada stoup!



\$4.49 LB

Forester Farm Market

Applewood Marinated Chicken 3 oz 22 g Protein

Boneless Fajita Chicken Thighs 3 oz 17 g Protein

Not only is the price per ounce reasonable but the option to have marinated chicken means you only need to throw it on the grill, in the Crockpot® or in the Instant Pot®! Toss the fajita marinated chicken with pre-cut pepper strips for a super fast dinner.



\$3.49 LB

“ Keeping easy backup meals on hand can increase your confidence that staying on plan is doable.”

■ STEPH

GRILLED
MARINATED
ROTISSERIE
SAUSAGED
REFRIGERATED
FROZEN



\$7.98

Chicken Fajitas

19 g Protein 2 g Fat | Sold in a two pack

Grilled Chicken Breast

4 oz 15 g Protein 9 g Fat 2 g Carb | Sold in a 1.5 LB pack

Pre-cooked chicken that is refrigerated instead of frozen is super convenient for throwing together a tasty protein bowl with a wide variety of flavors. Add salsa one day, marinara sauce the next or feta and black olives the next!



\$9.96



\$8.97

Smoked Pulled Chicken

4 oz 15 g Protein 9 g Fat 2 g Carb | Sold in a 2 LB pack

This hardwood smoked chicken is flavorful and also pre-shredded. Try dividing it up in small containers and freezer for a pre-portioned, pre-shredded and pre-flavored chicken that just needs to be heated!



Chicken Sausage Grill Pack

1 link 16 g Protein 9-12 g Fat 4-6 g Carbs | Sold in a 15 count pack



Chicken Apple Sausage

1 link 21 g Protein | Sold in a 3 LB pack

I love using pre-cooked chicken sausage for a quick lunch or I will toss it with peppers and onions for a really fast skillet dinner. They come in a wide variety of flavors. The one shown includes a Honey Habenero, Mozzarella and Garlic and Gouda and Pear but there are often new choices of brands and flavors.



Chicken Breast Fillets

Sold in a two 5 LB packs

PRO TIP Use pre-cooked chicken with marinara sauce and mozzarella one day, salsa and cheddar another day, feta and olives another day and barbecue sauce another day!



Sweet Teriyaki Chicken Fillets

Sold in a 3.5 LB pack

I love using pre-cooked See again..high protein, low carb and fat heat and go option for a fast weight loss surgery lunch or dinner. Fantastic nutrition values on this: 21 grams of protein, 4 grams of carbohydrate and 8 grams of fat.



Mesquite Grilled Chicken Fillets

3 oz 21 g pro, 3 g fat, 0 carbs | Sold in a 3 LB pack

Sam's Club has a wide variety of frozen chicken options. Buying in bulk means saving a lot of money (as low as less than \$2 a pound) and you can chose if you want something pre-flavored or kept plain so you can add it to different recipes.



93% Lean Ground Beef

4 oz 24 g Protein 8 g Fat | Sold in a 4 LB pack

There is no shortage of options for buying your ground beef from Sam's Club! You can buy fresh or frozen, grass fed, pre-made patties and more. My recommendation is to choose ground meats at least 90% lean or greater.



Riced Cauliflower Burrito Blend

4 oz 8 g Protein

This riced cauliflower burrito blend is a plant based meal option. The protein count is not as high because of that so if you are not a plant based eater, I would recommend adding additional beef crumbles.



Choice Beef Kaboobs with Bell Peppers and Onions on wooden skewers

They may not be the most cost effective of meals compared to others but having a pre-made kebab saves so much time! I season them at home and grill them. Bonus points if I have company coming over and they are impressed! Either way it's a great way to have protein and veggies ready to go in one place.

PRO TIP Buy in bulk and freeze in smaller portions for time saving later.



Godshalls Turkey Bacon

Sold in a 15 count pack



Oscar Mayer Turkey Bacon

Sold in a two 2.25 LB packs

If you use turkey bacon in your kitchen, you'll find plenty at Sam's Club. You can cook it all at once and freeze it for a quick breakfast item with eggs, dice it and add it to egg or chicken salads or wrap meat in turkey bacon before grilling.



Cage Free Hard Boiled Egg

7 grams protein per egg | Sold in a two 12 count packs

While prices vary, this bag of boiled eggs is around 30 cents per egg which is a great price for the convenience of having them cooked and peeled for you. Easy breakfast, fast deviled eggs, easy egg salads.



[PURCHASE STEPH'S COOKBOOK ON AMAZON](#)
[Best Fork Forward](#)



Fully Cooked Turkey Sausage Patties

13 g Protein per serving | Sold in a 24 count pack

Another great item to have on hand for breakfast. Pair your boiled egg with a cooked turkey sausage and you'll have a protein packed and filling meal to start the day!



Cooked Salad Shrimp

15 g Protein | Sold in a 32 oz (2 LB) pack

I love using frozen shrimp for a change of pace in my meals and because thawing is as simple as running it under cold water for a couple minutes. I use them to make cold shrimp salads in the summer or a quick shrimp skillet dinner year round.

PRO TIP Buy fresh salmon, cut into 3-4 ounce portions and freeze each section. The taste is much better than buying it frozen to begin with.



Salmon Burgers

Sold in a 8 count pack

Salmon burgers are a great way to change up the pace of your proteins. Top with tomatoes or red onion or enjoy them plain or diced up in a bowl. The flakey texture may be easier for some post-ops than traditional lean burgers.

“ The biggest advice I have for tolerating white meat poultry: **small bites**. Think black bean sized. ”

STEPH

VEGETABLES

Fresh and high quality low starch!

I'm sure this is a dietitian thing, but I really love the vegetable section of Sams. I like to buy the bibb lettuce the most! I also love the green beans and use some but freeze the rest. I've also done so with asparagus (although it's so much better fresh).

- GREEN BEANS**
- ASPARAGUS**
- BRUSSEL SPROUTS**
- CUCUMBERS**
- PEPPERS**
- CARROTS**



Broccoli Normandy

Sold in a 4 pack (16 oz)

While not all vegetable and frozen vegetables options are listed on this shopping guide, you can bet there are plenty of ways to stock up on produce and veggie items at Sam's Club! This broccoli normandy is a mix of frozen veggies that steam in a bag to pair with any of your lean protein entrees.



\$ 9.98



\$ 6.88



\$ 3.28



\$ 5.28



\$ 3.78



\$ 11.98



\$ 11.98

Oh Snap Dilly Bites

Sold in twelve 3.25 oz packs

If you like the salty, crunchy taste of pickles you'll be excited to see the Oh Snap® brand in many stores including Sam's Club! These are snack sizes, portable bags of tasty pickles to add to lunches or snacks.

PRO TIP When you get stuck in a rut and need ideas, ask bariatric friends and groups what they are enjoying

DAIRY

Light String Cheese

1 piece 6 g Protein per 2.5 g Fat 1 g Carb | Sold in a 36 count pack

Another item I nearly always pick up is a pack of string cheese. Great for a quick breakfast or for true hunger in between meals.

2% Lowfat Cottage Cheese

12g Protein 5 g Carb | Sold in a 3 LB container

If you are a big cottage cheese eater, you'll save on a 3 pound tub at Sam's Club!

Almond Milk Unsweetened Vanilla

1 cup 30 Calories | Sold in a 2 pack (64 oz)

If you are using Unsweetened Almond milk either in your protein shakes or in cooking, Sam's has a large 2 pack. I don't tend to go through milk quickly enough and purchase elsewhere but this may be helpful for those in an early phase of the bariatric plan and needing lots of shakes.

Members Mark Non-Fat Plain Greek Yogurt

Sold in a 40 oz container

I love keeping plain Greek yogurt on hand for toppings on taco salads or chili, mixing my chicken Salads or sweetening with thawed frozen blueberries or Stevia.

Oikos Triple Zero Nonfat Greek Yogurt (flavored)

5.3 oz 15g Protein | Sold in a 18 pack

Dannon Light and Fit Greek Yogurt Cups

5.3 oz 15g Protein | Sold in a 18 pack

Greek yogurt can be a really helpful item to have on hand if you find yourself needing a sweet treat, a quick breakfast or a snack for true hunger. It's higher in protein and thicker than regular yogurt which is ideal for bariatric patients. Keep in mind it is a soft protein food and may leave you quicker than a more solid protein!



\$9.88

SNACKS

Greek Yogurt Minis

1 bar 4 g Protein 3 g Fat 6 g Carb | Sold in a 24 count pack

These Greek Yogurt Minis may be a good option to keep on hand for a cold treat! Small and portioned with 4 grams of protein and 6 grams of carbohydrates.



\$8.98

Old Wisconsin Turkey Bites

6 bites 7 g Protein | Sold in a 16 oz pack



\$12.98

Old Wisconsin Turkey Sticks

1 stick 8g Protein | Sold in a 2 LB pack

Turkey sticks and bites are really nice to have on hand for a protein snack when traveling or a busy day. They don't need to be refrigerated but also won't melt in a hot car like a protein bar!



\$12.98

Nature Valley Protein Chewy Bars

10 g Protein 6 g Fiber | Sold in a 30 count pack

Sam's Club offers a few options for protein bars. The one shown is a protein granola bar which means it is a smaller, lower protein bar (10 grams). If you find you prefer something more filling, try the health food or pharmacy section and look for protein bars with the protein and the carbohydrate as balances as possible. You may only need half the bar so if it has 24 grams of carbohydrates but 22 grams of protein, don't be overly concerned about the carbs. You can eat half!

SWEETENERS



\$12.98

If you use natural no calorie sweetener in your tea, Greek yogurt, chicken salad or other recipes, you can find options at Sam's Club! You can either buy in a large bag or in packets.

Truvia

Sold in a 400 pack

Organic Stevia

Sold in a 40 oz pack



\$12.98

PRO TIP Watch out for packages that say "high protein" especially when it is oatmeal, granola or other starch foods.

DRINKS

So many flavored water options available!

Sam's Club is full of options for staying hydrated! Options often include Propel, Vitamin Water Zero, Nestle Splash, Gatorade Zero, diet Lipton Green Tea and even sugar-free Cool-Aid pouches.



Propel

Sold in a 24 pack (16.9 oz)



Glaceau VitaminWater Zero

Sold in a 29 pack (20 oz)



Bottled Flavored Water (Nestle Splash)

Sold in a 32 pack (16.9 oz)



Gatorade Zero

Sold in a 24 pack (20 oz)



Kool-Aid Jammer Zero Sugar

Sold in a 40 pack



Diet Green Citrus Lipton

Sold in a 24 pack (16.9 oz)



PRO TIP

When you get home, take everything out of the really large boxes. Put items for the family in a closed container and put healthy items you want to focus on eye level.

This resource is updated and products added to frequently...**exclusive to Bariatric Food Coach members!**