# Lunch Shopping Guide

## Venues: Costco, Von’s, Trader Joe’s, Whole Foods

<table>
<thead>
<tr>
<th>Costco Premade Platters</th>
<th>Von’s Deli Trays</th>
<th>Whole Foods Catering Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Turkey and Cheese Roll-up Wraps</td>
<td>• All Rolled Up</td>
<td>• Platters: Jumbo Shrimp Cocktail Platter, Grilled Vegetable, Vegetable Crudités, Mediterranean, Bruschetta</td>
</tr>
<tr>
<td>• Chinese Chicken Salad Kit</td>
<td>• Pita Pocket Pleaser</td>
<td>• Vegetable Enchilada Casserole</td>
</tr>
</tbody>
</table>

### Sandwiches & Wraps

Make your own sandwich and wrap platters using the following:

- Whole grains: Whole grain bread, wheat pita, whole grain tortilla wrap, wheat lavash wrap
- Lean protein selections: turkey, roast beef, turkey pastrami, hummus, marinated tofu
- Veggie toppings: grilled vegetables, lettuce, spinach, tomato, cucumber, onion, sprouts

### Salads

- Made-to-order or ready-made from the deli section. Choose salads with darker greens over iceberg. Make your own salad.
- Pre-washed/Pre-cut lettuce and vegetables
- Pre-cooked chicken breast strips or salmon, vacuum packed tuna, baked tofu, or lean deli meat
- Rinsed beans: garbanzo or kidney beans
- Crumbled feta, parmesan, or blue cheese
- Vinaigrette dressing or low-fat creamy dressing
- Chopped nuts, fresh or dried fruit

### Additional Items

- Costco Dolma served with cucumber yogurt
- Fundamental Foods Ready to Eat Hummus Wraps (Whole Foods)
- Sushi with low sodium soy sauce packets: California rolls, vegetable rolls, salmon or tuna rolls