

**SHERYL WESTERMAN**  
*"Nothing tastes as good as thin feels"*

**Costco**

<b>PROTEIN</b>	Kirkland grilled chicken breast (in refrigerator)	1 cup = 2 proteins
	Butterball ground turkey	4 oz = 2 protein
	Cranberry Almond Chicken Salad	1 = 1 protein + ½ fat
	Corvina (fresh fish)	6 oz = 2 proteins
	Shrimp cocktail tray	8 shrimp = 1 protein
	Sea salt and roasted garlic Mahi Mahi	1 filet = 2 proteins
	Aidells Chicken Meatballs	3 = 1 protein + ½ fat
	Prosciutto	4 slices = 1 protein
	Casual Gourmet Chicken Sausage	1 = 1 ½ protein
	Gourmet Lite Turkey breast	4 slices = 1 protein
	Critterio Oven Roasted Ham	3 slices = 1 protein
	Morningstar sausage patty (vegetarian)	1 patty = 1 protein
	Frozen sea scallops	8 = 1 protein
	Trident Wild Alaskan Salmon Burgers	1 burger = 1 protein, 1 fat
	AMYLU kale and mozzarella chicken burgers	1 = 2 proteins
	Boca Burgers (original)	1 patty = 1 protein
	Breakfast Scramble (in freezer)	1 cup = 1 protein + ½ starch
	Fully cooked mini wontons (chicken & cilantro)	8 minis = 1 protein
	Frankly Fresh Grilled Chicken wrap	1 = 1 starch + 2 proteins + ½ fat
<b>STARCH</b>	Orville Redenbacher Smartpop 100 calorie	1 pack = 1 starch
	Sabra single hummus	1 = 1 starch + ½ fat
	Cedar Lanes Baked Spinach Quinoa Cake	2 = 1 starch
	Kashi Go Lean waffles	1 = ½ starch, ½ protein
	Chopped Vegetable and Barley Soup	1 cup = 1 starch
	Chicken Tortilla Soup	¾ cup = 1 starch
<b>FRUIT</b>	Island Way Sorbet cups	Lemon = ½ fruit Orange = ½ fruit Pina colada = 1 fruit Pineapple = 1 fruit Coconut = 1 fruit 1 fat
	Healthy Choice Fudge Bar	1 bar = 1 fruit
	Fresh Pomegranate seeds	1 cup = 1 fruit
<b>FREE</b>	Starbucks Iced Coffee	1 cup = FREE (try it mixed with Greek yogurt!)