## Lunch Shopping Guide

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

| Costco Premade Platters | • Turkey and Cheese Roll-up Wraps  
| • Chinese Chicken Salad Kit  
| Von’s Deli Trays | • All Rolled Up  
| • Pita Pocket Pleaser  
| • Signature Café Sandwich Tray  
| • Deli Counter Party Tray  
| • Turkey Gobbler with Wheat Bread  
| Whole Foods Catering Menu | • Platters: Jumbo Shrimp Cocktail Platter, Grilled Vegetable, Vegetable Crudité, Mediterranean, Bruschetta  
| • Vegetable Enchilada Casserole  
| • Grilled Vegetable Lasagna  
| • Salads: Baby Field Greens  
| • Sandwiches: Signature Sandwich Box (turkey or vegetable), Make Your Own Sandwich Platter (comes with meat, cheese bread, and a fixings tray)  
| 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

*Credit: UC Berkeley Wellness Program*