

Wanna' make some **Roll-Ups**? Layered cold cuts & cheese with some guacamole should do the trick.

- Olli Salumeria **Genoa Mild Salame**
- Columbus **Italian Dry Salame**
- Plainville Farms **Organic Turkey Breast**
- Columbus **Herb Roasted Turkey Breast**
- Columbus **Rotisserie Seasoned Chicken Breast**
- Kerrygold Dubliner **Cheddar Cheese**
- Organic Wholly **Guacamole** Minis

Maybe you're in the mood for **FISH**.

- Wild Alaskan Smoked Sockeye **Salmon** - roll a piece up with cream cheese & chives or add to salad
- Chicken of the Sea Premium **Real Crab Meat** - great on top of a salad plain or mixed with mayo
- Fresh **Cooked Mussels** - dinner is done, serve with roasted spaghetti squash to enjoy the garlic butter
- Wild Planet Albacore **Wild Tuna** - mix with olive oil, mix with mayo, or eat it plain, so many options
- Fresh and Frozen **Fish** (not pictured but the options are numerous)

QUICK DINNER? Sauté peppers and onion, heat & slice the fully cooked sausage, mix and enjoy.

- Kiolbassa Smoked **Beef Sausage**, organic, grass-fed beef
- Sliva, Organic, Spinach, Garlic, Asiago **Chicken Sausage**
- Aidells Chicken & Apple, gluten-free **Smoked Chicken Sausage**

SALAD, Salad Toppers or Easy Ingredients for quick SOUPS & STIR-FRY:

- Bistro Organic **Chicken Caesar Salad**, ditch the croutons and you have a low-carb, high-fat meal
- True Story Organic **Oven Roasted Sliced Chicken** - add to salad, soup or stir-fry
- Kirkland Grilled **Chicken Breast Strips** - add to salad, soup or stir-fry

Looking for a more **TRADITIONAL DINNER**, here you go:

- Thai-Style **Coconut Chicken** - catch the sauce with roasted spaghetti squash or mashed cauliflower
- Onion & Garlic **Braised Beef Pot Roast** - serve with roasted broccoli, cauliflower and/or green beans
- Organic Broccoli-Cheddar **Stuffed Chicken Breast** - serve with a side salad
- Slow-Cooked **Beef Barbacoa** with mild red Chile Sauce - perfect for taco salad night
- Rosemary Garlic **Pork Loin Chops** - seasoned and ready to hit the grill

What about **SNACKS**?

- BelGioioso Fresh **Mozzarella Cheese**, 1 oz. Snack Packs
- Mini Babybel **Cheese**
- Grilled Mediterranean Style **Chicken Skewers**, fully cooked
- Uncured Applewood Smoked **Bacon** - cook the whole pound and keep in a container in the fridge
- True Story, Organic Oven Roasted **Sliced Turkey Breast** Snack Packs
- Citterio **Genoa & Provolone** Packs