

Dietitian's picks: **Meat & Seafood**

Chicken

These chicken options are sure to be a crowd pleaser. Try adding cooked chicken to chili, soups, salads, stir-fries, or even a sandwich. The possibilities are endless! Watch out for frozen varieties that have sodium added to them. Choose frozen varieties without this added salt or purchase fresh and freeze at home.

Gold'n Plump 90/10 Ground Chicken
Gold'n Plump Boneless Skinless Chicken Breast Fillets
Gold'n Plump Boneless Skinless Chicken Breast Portions
Just Bare Chicken Breast Fillets
Just Bare Chicken Tenders
Smart Chicken Breasts

Turkey

Turkey is versatile! Try adding cooked turkey bacon to egg muffins, crumpled on top of baked potatoes, or topped on a salad. Ground turkey can be used to make burgers, turned into tacos or added to your favorite hot dish.

Jennie-O Turkey Bacon
Oscar Mayer Turkey Bacon
Oscar Mayer Turkey Bacon Selects
Jennie-O 93/7 Ground Turkey
Jennie-O 99/1 Ground Turkey
Jennie-O Extra Lean Oven-Roasted Turkey Breast

Beef

With all of the lean beef cuts Coborn's has, the meal ideas are endless! Make classics like burgers on the grill, a hot dish favorite, a pot roast, or get creative and throw your lean beef into a stir fry, on top of a salad, stuffed in peppers, or even on kabobs!

93/7 Lean Ground Beef
Beef Flank Steak
Beef Sirloin Tip Roast
Sirloin Tip Steak
Top Sirloin Steak
Ground Sirloin
Beef Round Sirloin Tip Roast Center Cut
Beef Tri-tip Sirloin Fillet, No Solutions Added
Beef Sirloin Kabob with Vegetables (plain)
Beef Tenderloin Steak
T-Bone Steak
Loin T-Bone Steak
Round Bottom Round Steak

Pork

Throw your favorite lean cut of pork into the crockpot, on the grill or bake it in the oven! If you are feeling fancy, shred your pork and top it on a salad, in a taco, or in a burrito!

Extra Lean Pork Tenderloin
Pork Loin Sirloin Roast
Pork Loin Boneless Ribeye
Pork Loin Sirloin Chops
Pork Loin Top Loin Chop
Pork Loin Top Loin Thin Chops
Pork Loin Center Cut Loin Pork Chops
Assorted Pork Chops
America's Cut Pork Chop
Butterfly Pork Chops
Pork Loin Boneless Ribeye Pork Chops
Pork Loin Rib Center Cut Thin Pork Chops- Bone-In
Pork Loin Center Cut Thick Pork Chops- Bone-In
Pork Loin Rib Center Cut Pork Chops, Bone-In
Pork Loin America's Cut Chop, Boneless
Hormel Always Tender Pork Loin

Seafood

Not familiar with seafood? Now is the time! Seafood packs some great protein power and tastes great! Throw shrimp into a stir-fry, bake a tilapia fillet, grill some salmon, have Mahi Mahi tacos, or get adventurous and try our catfish, oysters, or even our swordfish!

Pacific Seafood Whole Crab Dungeness Crab
Cooked Greenshell Mussels
Oysters in Shell
Sea Scallops
Lobster Tail
Tuna Loin
Red Snapper
Swordfish
Dover Sole
Pollock
Catfish Fillet
Steelhead Fillet
Tilapia Fillet
Norwegian Salmon Fillet
Mahi Mahi Fillet
Cod Fillet
Red King Salmon Fillet
Walleye Fillet
Marine Harvest by Mowi farm raised tilapia fillets
Mowi skinless Atlantic Salmon, unseasoned
Full Circle Alaskan Sockeye Salmon fillet, frozen
Full Circle Alaskan Keta Salmon fillet, frozen
Cape Covelle Salmon fillets, frozen
Full Circle Tilapia fillets, frozen
Cape Covelle Tilapia fillets, frozen
Full Circle Alaskan Cod fillets, frozen
Cape Covelle Seafood Market Cod fillets, frozen

Other

Looking for convenience or a way to get more adventurous in the kitchen? Check out these items!

Frog legs
Grilling Veggies (Meat Case)
Crazy Fresh Microwavable Vegetables
Ready-Chef-Go Meals
High Plains 90/10 Ground Bison

* Not all products are available in all locations.



More information at celebratemore.com/dietitians

Available at all

