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, crumbled 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
- Cooked Tail-On Shrimp
- E-Z Peel Shrimp
- Shrimp, Raw, Peeled, Deveined
- Grill Cut Raw Shrimp
- 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
- Wholey Cod Loin-Skinless and Boneless (Frozen)
- Wholey Shrimp-Cooked, Peeled, Deveined, Tail-on (Frozen)
- Wholey Salad Shrimp- Cooked, Peeled, Deveined, Tail-on (Frozen)
- Wholey Tilapia Fillet (Frozen)
- Wholey Swai Fillet (Frozen)
- Wholey Pollock Fillet (Frozen)
- Wholey Catfish Fillet (Frozen)
- Wholey Yellowfin Tuna Steaks (Frozen)
- Wholey Perch (Frozen)
- Kwikpak Fisheries Keta Salmon Fillet (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.