



**20-30g
PROTEIN
AT A MEAL**

PROTEIN FINDS

**SMART PROTEIN PICKS
YOU MIGHT BE MISSING**

COSTCO • SPROUTS • PUBLIX



PROTEIN 20-30g PER MEAL

Builds lean muscle
& keeps you full.



NUTRIENTS + ENERGY

Fuel your body.
Power your day.



HEALTHY FATS WHEN NEEDED

Supports hormones,
recovery & satiety.

COSTCO FINDS

- ✓ High quality.
- ✓ High protein.
- ✓ Convenience you can trust.

SPROUTS FINDS

- ✓ Clean ingredients.
- ✓ Better choices.
- ✓ Everyday options.

PUBLIX FINDS

- ✓ Great taste.
- ✓ Quality protein.
- ✓ Smart selections.



THE RZONE PROTEIN FIND FORMULA

20-30g
PROTEIN
PER MEAL

+

MINIMAL
INGREDIENTS

+

LOW SUGAR
(IDEAL: <5g)

+

REAL FOOD
SOURCES

=

SMART CHOICE.
BETTER RESULTS.

SIMPLE. PRACTICAL. SUSTAINABLE.

SMART PROTEIN PICKS TO FUEL YOUR BODY AND YOUR GOALS

We do the digging. You make it a meal.

Busy days call for practical choices. Protein Finds highlights convenient products you can keep on hand, enjoy, and build into meals that support your goals.

START WITH YOUR PORTION

Aim for approximately 20–30g of protein at a meal, adjusted to your individual daily target and Rzone nutrition plan. A package serving is not always a complete protein meal.

LOOK BEYOND THE FRONT LABEL

Check serving size, protein, added sugar, sodium, and fat. “Organic,” “Paleo,” and “gluten-free” describe features; they do not tell you whether the portion meets your protein goal.

MAKE THE WHOLE MEAL WORK

Add vegetables or fruit, then your planned complex carbohydrate. Add measured healthy fats when needed; many prepared proteins already contain fat.

SHOP YOUR LOCAL STORE

The store sections are places to look, not live inventory guarantees. Pack sizes, recipes, and nutrition panels vary. Match the exact flavor and use the label on the package you buy.

FIND YOUR SECTION

Costco Amylu finds 3–6
Costco Kevin’s entrées 7–8
Costco skewers & sirloin 9
Sprouts finds 10–11
Publix finds 12
Build your meal 13

Photos are real product images. Most come from the manufacturers; source links appear with each find. Retail packages are shown when a matching warehouse image is unavailable.

COSTCO / AMYLU BURGERS



Amylu Organic Caramelized Onion & Aged White Cheddar Chicken Burgers

19g protein / 1 burger (112g)

A fully cooked chicken burger with onions and white cheddar makes a quick lunch or dinner.

MAKE IT A MEAL

Serve over greens with tomato and cucumber. Add a small protein side if needed, plus the carbohydrate planned in your nutrition template.

LABEL CHECK

One burger provides 19g protein on the listed panel. Contains milk; check your package for allergens.

[Product details & nutrition](#)



Amylu Greek-Style Chicken Burgers

19g protein / 1 burger (112g)

Spinach, feta, and red pepper bring variety to your burger rotation. Current packaging may say "Spinach & Feta."

MAKE IT A MEAL

Build a Greek-inspired plate with cucumber, tomato, and your planned rice or potato portion. One burger may need a small additional protein.

LABEL CHECK

One burger provides 19g protein on the listed panel. Contains milk; check your package for allergens.

[Product details & nutrition](#)

COSTCO / AMYLU SAUSAGES



Amylu Paleo Andouille Chicken Sausages

13g protein / 1 link (71g)

A fully cooked, seasoned chicken sausage for fast skillet meals.

MAKE IT A MEAL

Slice two links into a vegetable skillet for 26g protein. Add your planned carbohydrate if it fits this meal.

LABEL CHECK

Two links also double sodium and fat. The listed label has 500mg sodium per link.

[Product details & nutrition](#)



Amylu Chicken Breakfast Sausage Links

12g protein / 3 links (65g)

A breakfast shortcut you can portion and heat according to the package.

MAKE IT A MEAL

Six links provide 24g protein. Or combine three links with another protein food and add fruit or vegetables.

LABEL CHECK

Use the 65g serving shown here; other Amylu mini-link varieties have different labels.

[Product details & nutrition](#)

COSTCO / QUICK AMYLU FINDS



Amylu Taco Seasoned Chicken Crumbles

9g protein / 2 oz (56g)

Fully cooked, seasoned crumbles make taco bowls and quick lunches easier.

MAKE IT A MEAL

A 6 oz portion provides about 27g protein. Build a bowl with lettuce, tomato, salsa, and your planned rice or tortilla portion.

LABEL CHECK

A 2 oz serving is small. Check sodium and fat before tripling it. Photo: Tasting Table warehouse image.

[Product details & nutrition](#)

[Product photo source](#)



Amylu Country Style Chicken Sausage Breakfast Bites

14g protein / 6 pieces (85g)

Bite-size chicken sausage for a quick breakfast or mini meal.

MAKE IT A MEAL

Use six bites as one component, then add another protein to reach your meal target. Pair with fruit or vegetables.

LABEL CHECK

Manufacturer 12 oz bag shown. Costco pack sizes and availability vary; check the exact label.

[Product details & nutrition](#)

MORE AMYLU / WATCH LIST



Amylu Roasted Garlic & Asiago Chicken Sausages

16g protein / 1 link (85g)

Garlic and cheese add variety to simple chicken sausage meals.

MAKE IT A MEAL

Slice one link into vegetables and add a small lean-protein side. Measure the portion that fits your full meal.

LABEL CHECK

Retail 12 oz pack shown. Warehouse availability is unconfirmed. Contains milk.

[Product details & nutrition](#)



Amylu Organic Sugarhouse Maple Chicken Mini Links

12g protein / 3 links

A maple-flavored breakfast option retained from the original watch list.

MAKE IT A MEAL

Six links provide about 24g protein using the listed serving. Pair with fruit and your planned breakfast sides.

LABEL CHECK

Retail 9 oz pack shown. Current Costco availability is unconfirmed. Check your label before using the portion math.

[Product details & nutrition](#)



Kevin's Cilantro Lime Chicken

20g protein / 5 oz (140g)

Fully cooked chicken with a citrus-forward sauce for an easy dinner.

MAKE IT A MEAL

Heat according to the package, then serve with peppers, greens, and your planned rice portion.

LABEL CHECK

Manufacturer 16 oz package shown. Club-pack formulations and serving sizes may differ.

[Product details & nutrition](#)



Kevin's Roasted Garlic Chicken

21g protein / 5 oz (140g)

A convenient chicken entrée with roasted garlic flavor.

MAKE IT A MEAL

Add steamed broccoli or green beans and a measured potato or rice portion when planned.

LABEL CHECK

Manufacturer 16 oz package shown. Use your warehouse package label if its recipe or serving differs.

[Product details & nutrition](#)

COSTCO / MORE KEVIN'S FINDS



Kevin's Hawaiian-Style Chicken

20g protein / 5 oz (140g)

Chicken breast strips with a sweet and savory Hawaiian-style sauce.

MAKE IT A MEAL

Serve with sautéed cabbage and peppers. Add the carbohydrate portion from your nutrition template.

LABEL CHECK

Sauce contributes to the full nutrition profile. Measure the entrée portion, not just the chicken.

[Product details & nutrition](#)



Kevin's Lemongrass Chicken

20g protein / 5 oz (140g)

A fully cooked chicken entrée with lemongrass flavor to change up the week.

MAKE IT A MEAL

Pair with stir-fried vegetables and your planned rice portion for a repeatable meal.

LABEL CHECK

Manufacturer retail package shown. Warehouse selection varies by location and season.

[Product details & nutrition](#)

COSTCO / CHICKEN SKEWERS & BEEF



WestEnd Cuisine Mediterranean-Style Chicken Skewers

24g protein / 2 skewers (4 oz)

Fully cooked chicken breast skewers make a quick, convenient lunch or dinner.

MAKE IT A MEAL

Two skewers provide 24g protein. Pair with cucumber, tomato, and greens, plus the rice or potato portion planned in your nutrition template.

LABEL CHECK

The protein amount is for two skewers, not one. Check your package for serving size, sodium, ingredients, and heating directions.

[Product details](#)

[Serving-size reference](#)



Cuisine Solutions Sliced Grass-Fed Beef Sirloin

19g protein / 3 oz (84g)

Fully cooked, sliced grass-fed sirloin adds variety to salads, bowls, and easy dinner plates.

MAKE IT A MEAL

A 4 oz portion provides about 25g protein. Serve with roasted vegetables and your planned rice or potato portion, or add the beef to a salad.

LABEL CHECK

A 3 oz serving provides 19g protein; use your package label to confirm. Keep refrigerated and follow the package storage and heating directions.

[Product details & nutrition](#)



Kevin's Korean BBQ-Style Chicken

20g protein / 5 oz (140g)

Chicken breast strips in a sweet and savory Korean-style sauce.

MAKE IT A MEAL

Build a bowl with broccoli, shredded carrots, and your planned rice. One listed serving supplies 20g protein.

LABEL CHECK

The 16 oz entrée shown is different from Kevin's frozen bowls. Match the product and portion.

[Product details & nutrition](#)



Kevin's Thai-Style Coconut Chicken

20g protein / 5 oz (140g)

Chicken with a coconut-based sauce offers another fast dinner option.

MAKE IT A MEAL

Serve with green beans or broccoli and your planned rice portion. Account for the fat already in the sauce.

LABEL CHECK

Contains coconut. Check the full ingredient and allergen statement on your package.

[Product details & nutrition](#)



Amylu Breakfast Time Chicken Mini Links

11g protein / 3 links (56g)

A smaller retail pack that works well for breakfast and mini meals.

MAKE IT A MEAL

Six links provide 22g protein. Or use three links with another protein food for a mixed breakfast.

LABEL CHECK

This is the 9 oz Breakfast Time variety, not the Costco Paleo Breakfast Links serving.

[Product details & nutrition](#)



Amylu Country Style Breakfast Bites

9g protein / 4 pieces (56g)

Small chicken sausage bites for a convenient breakfast component.

MAKE IT A MEAL

Four bites are a starting point. Pair with another protein food, or portion 12 bites for 27g if it fits your full meal.

LABEL CHECK

The 7 oz retail carton shown differs from the 12 oz bag. Larger portions also raise sodium and fat.

[Product details & nutrition](#)



Applegate Naturals Oven Roasted Chicken Breast

10g protein / 2 oz (56g)

Ready-to-eat sliced chicken for quick wraps, sandwiches, or salad plates.

MAKE IT A MEAL

Use 4 oz for about 20g protein. Add crunchy vegetables and a wrap or other carbohydrate when planned.

LABEL CHECK

Look in refrigerated deli meats; exact variety varies by store. Do not confuse it with Rotisserie Seasoned Chicken.

[Product details & nutrition](#)



Good Culture Low-Fat Classic Cottage Cheese, 2%

14g protein / ½ cup (110g)

A no-cook dairy protein with live cultures and no added sugar.

MAKE IT A MEAL

¾ cup provides about 21g protein; 1 cup provides about 28g. Add berries or use it as a savory side.

LABEL CHECK

Contains milk. The 16 oz tub label lists 14g per ½ cup—not 19g. Naturally occurring milk sugar remains.

[Product details & nutrition](#)

THE PROTEIN FIND FORMULA

Turn a good find into a repeatable meal.

01 START WITH PROTEIN

Use the nutrition panel to choose a portion that supports your meal target. If the package serving falls short, combine protein foods or adjust the portion.

02 ADD PRODUCE

Build in vegetables and/or fruit for variety and nutrients. Keep convenient options ready alongside your protein.

03 ADD YOUR PLANNED CARBOHYDRATE

Use your Rzone nutrition template to place complex carbohydrates around your workout schedule and daily needs.

04 ADD HEALTHY FATS WHEN NEEDED

Measure oils, nuts, avocado, and other additions. Chicken sausages, cheese, and sauces may already supply meaningful fat.

05 KEEP IT SIMPLE

Choose two or three finds you enjoy. Plan when you will use them, follow the package storage directions, and keep the meals easy to repeat.

YOUR RZONE NUTRITION TOOLKIT

Nutrition Guide: your foundation for portions, hydration, and meal timing.

Mini Meals Guide: practical ideas between meals and around workouts.

Nutrition Templates: organize your day around your workout time.

[Explore Rzone nutrition resources](#)

Nutrition values were checked against manufacturer panels and listed retailer information in September 2026. Packaging and recipes can change; your current package is the final reference. Product links are provided for verification, not as guarantees of local stock.