



Costco Shopping List

Pantry staples

Nutiva Chia Seeds
Hemp seeds
Organic Coconut Oil
Organic Avocado Oil
Organic Olive oil (need to keep large bottles in the refrigerator)
Organic Raw Cashews
Pistachios in single serving package
Himalayan Sea Salt
Kirkland Organic Creamy Peanut Butter or Almond Butter
Hoody's Organic Whole Cashews

Dairy and Refrigerated Foods

Kerrygold butter
Kerrygold cheese
Organic Valley String Cheese
Rumiano Organic Grass-Fed Sliced Medium Cheddar Cheese
Wildbrine Raw Organic Sauerkraut

Fresh Produce

Any organic vegetables or fruit
Wholly Guacamole snack packs
Farm Day Organic Cauliflower Rice

Fresh Meats

True Story Organic Oven Roasted Turkey Breast Lunch meat
True Story Organic Sweet Italian Sausages
Organic ground beef
Teton Waters 100% Grass-Fed Beef Uncured Beef Polish Sausage and Hot Dogs
Urban Bruce Organic Chicken & Basil Meatballs
Organic chicken (breast, thighs or drumsticks)
Trident Wild Alaskan Sockeye Salmon

Frozen Foods

Organic vegetables
Organic Fruit
Wild Alaskan Cod
Wild Caught Halibut
Wild Caught Hake
Wild Mahi Mahi
Wild Caught Salmon
Don Lee Farms Organic Grass-Fed Burgers (pre-cooked)

