



STEPHANIE MAY POTTER

holistic health coach

Costco Shopping List

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DRY GOODS		
S&W brand organic garbanzo beans	Organic quinoa	Organic hemp seeds
S&W organic black beans	Chic pea and lentil pasta (various brands)	Raw almonds, pecans & walnuts (occasionally they carry organic)
Organic canned pumpkin	Kirkland brand almond butter	Seeds of Change Quinoa Rice Packets
Wild Canned Tuna	Avocado Oil	Organic Protein Powder
Better Body Foods SuperFood Blend	Made in Nature brand Dried Fruit	

CONDIMENTS/OILS/SPICES		
Coconut oil	Organic Olive Oil	Avocado Oil
Organic 100% pure Maple Syrup	Cinnamon	Garlic Powder
Organic Honey (raw if available)	Pink Sea salt	
MEAT/SEAFOOD		
*I haven't seen grass fed ground beef (preferred) but this is the next best option.		
Kirkland Organic Chicken Thighs	Organic Ground Beef*	Ground turkey (no hormones/anti-biotics and vegetarian feed)
Kirkland Organic Chicken Breasts	Organic Chicken Sausage	Wild Salmon/Halibut (seasonal)



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<i>BEVERAGES</i>		
LeCroix	Honest Brand Juice Boxes for Kids **	San Pellegrino sparkling water (glass bottles)
Bai Drinks **	Spindrift Sparkling Water	GT's Kombucha (other brands often have added sugar)
Daily Greens Green Juice		
<i>SNACKS/BREAD</i>		
Angelic brand sandwich bread	Skinny Pop (or Boom Chick a Pop)	Figgy Pops
Popcorner Chips **	Simple Mills Crackers	RW Garcia 3 Seed Sweet Potato Crackers (gluten free/non GMO)
Food Should Taste Good Chips **	Plentil Chips**	Organic Crunchy Rice Rollers
Late July Organic Tortilla Chips **	Kirkland Brand Organic Seaweed	Enlightened Brand Roasted Fava Beans (when available)
Autumn's Gold Grain Free Granola	Annie's Organic Bunny Grahams**	Organic Dried Fruit Strips (Stretch Island brand)
Made Good Snacks	Autumn's Gold Grain Free Granola Bars	
<i>PRODUCE</i>		
Bananas	Butternut Squash (peeled and chopped)	Organic Squash/Zucchini
Organic spinach (or any organic greens)	Cauliflower rice	Avocados



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Cantaloupe (seasonal)	Mini Watermelon (seasonal)	Oranges & Cuties
Brussel Sprouts	Organic Apples (we love honeycrisp)	Grapefruit
Pom Poms (pomegranate arils)	Organic Broccoli (chopped)	Organic berries (all types)
Organic Green Beans	Organic English cucumbers	Lemons (Meyer when in season)
Mushrooms	Taylor Farms Cauliflower Florets	Organic Pears
FROZEN		
Organic Blueberries	Organic Strawberries	Organic Mixed Berries
Organic Cherries	Dr Praegger's Veggie Burgers	Organic Cauliflower (great in soups/stews)
Wild Salmon Fillets (fresh & frozen without seasoning/breading)	Avocado Chunks	Any organic veggies that you enjoy!
Ezekiel Sprouted Bread	Cauliflower Crust Pizza with Roasted Vegetables (MiltonsCraftBakers)	Frozen treats: Johnny Pops, The Good Pops & Organic Whole Fruit Bars (summer)

NON-FOOD ITEMS		
Honest Shampoo & Body Wash	Schmidt Deodorant	Batteries
Toilet Paper	Paper Towels	Trash Bags



My Costco Shopping Tips:

- The key to shopping at Costco, regardless of the size of your family is to plan to use your freezer. I typically freeze one pack of the cauliflower rice right away. If I know I can't use all of the spinach, I freeze some in Ziploc bags for smoothies. Freeze bananas by peeling them first and then dividing into thirds (or desired size) and storing in Ziploc bags for smoothies.
- Items noted by an ** represent "treats" and other "clean" snacks that we buy and enjoy on occasion but not necessarily on a regular basis.
- The packets of chicken can be easily frozen as well; same as the chicken sausage.
- The butternut squash is perfect for soup (which can be frozen).
- Cook twice as many vegetables as you need for a meal so that you have leftovers for sides, salads or a snack.
- Even the snack size containers of hummus and guacamole can be frozen. Take out the night before and put in the fridge for lunch the next day. I use the small guacamole in place of avocados when we don't have any ripe ones (and this avoids a last minute trip to the store on taco night).
- I've indicated organic based mainly on the Dirty Dozen and Clean 15 lists put out by the Environmental Working Group. Costco does sell other organic products that I have not mentioned in my list, such as carrots or sliced apples etc. We tend to buy the whole carrot and peel and cut up rather than the baby carrots; however, if you like this version and have a carrot loving family, by all means buy them at Costco!



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EATING CLEAN ON A BUDGET

Here are my tips to eating clean (and organic) without breaking the bank:

- Always go to the store with a list! Track what you need on an app like Cozi and keep it up to date to avoid last minute grocery store tips. When it comes to fresh produce, buy only what you need so that you don't end up with a frig full of veggies past their prime.
- If you do find yourself with food that is starting to go bad, find a way to save it for another day. The freezer is your friend. Freeze kale and spinach in Ziploc freezer bags or stash it; perfect for smoothies or stir-fry.
- Freeze raw meat, soups, bananas and almost any veggie. If you can buy it frozen then you can do the same!
- Buy too many avocados at Costco? Peel them and store in a freezer safe container with a little lemon juice and use them in the future to make guacamole or add to smoothies.
- Stock up on sale items that you regularly consume; especially pantry staples like beans, rice, salad dressing, sauces, oils, vinegar, nuts but also meat, seafood, frozen fruit and vegetables. Try to buy BPA free canned goods.
- Buy in the bulk section of natural food stores/co-ops and use clear glass containers to store the food (grains, nuts and seeds, etc). Bring your own containers/bags to reduce waste.
- Buy veggies and meat at Costco and freeze anything you won't use within a week. Their organic chicken, ground turkey, wild fish are great to have in the freezer. You can also freeze spinach, broccoli, cauliflower etc.
- Purchase organic/non-GMO products from Thrive Market. Use this link to receive a discount on your first order. If you spend \$49 (not hard to do) you always get free shipping. Please note that I am a participant in the Thrive Market Associates Program, an affiliate advertising program designed to provide a means for me to earn fees by linking to Thrivemarket.com site. Making a purchase through these links won't cost you anything, but I will receive a small commission.
- Target and Costco have tons of organic products, grass-fed meat and superfoods. Use the Dirty Dozen and Clean 15 lists from the EWG on the next page to prioritize which foods you should buy organic, if possible.
- Eat less meat! Yes, high quality meat and seafood will cost more; you really do get what you pay for. If price is a concern, reduce your meat consumption.



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Have meatless days and think of animal protein as a condiment not the main part of your meal. Both Target and Trader Joe's sells 100% grass fed ground beef. A can of organic beans cost between \$1-2/can.

- Join a CSA (Community Supported Agriculture) and get local and organic produce delivered to location near you each week.

Environmental Working Group's 2017 Dirty Dozen & Clean Fifteen (download app to have handy while grocery shopping)

Dirty Dozen ++(buy organic for these items if possible)

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Peaches
6. Pears
7. Cherries
8. Grapes
9. Celery
10. Tomatoes
11. Sweet Bell Peppers
12. Potatoes
13. Cucumbers
14. Cherry Tomatoes
15. Lettuce

Clean 15

1. Sweet Corn (but watch for GMO)
2. Avocados
3. Pineapples
4. Cabbage
5. Onions
6. Sweet peas frozen
7. Papayas
8. Asparagus
9. Mangos
10. Eggplant
11. Honeydew Melon
12. Kiwi
13. Cantaloupe
14. Cauliflower
15. Grapefruit



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