

# COSTCO WHOLE30 SHOPPING LIST

## Produce

Cubed Butternut Squash  
Organic Sliced Apples  
All fruit  
All veg

## Salad Mixes (no dressing)

Asian Cashew Chopped (no toppings)  
Mediterranean Chopped (no toppings)  
Sweet Kale Salad (no toppings)

## Coffee & Tea

### Coffee

All, except vanilla

### Tea

Kirkland Sig. Green Tea  
Lipton Tea

## Drinks

### Juices (SWT)

100% Apple  
Izze

### Milks (Veg)

Almond Breeze  
Original Un.Sw  
So Delicious  
Coconut Milk, Un.Sw  
Thai Kitchen Canned  
Coconut Milk

### Water (Veg)

Coconut water  
Kirkland Sig. Flavored  
Sparkling Water  
Kirkland Sig. Unflavored  
Sparkling Water  
Perrier  
Spindrift

## Canned Meat

Pink Salmon  
Sardines in Olive Oil, Org.  
Sea Clams, Chopped  
Tuna (Kirkland Sig.)

## Dried Fruit

### (SWT)

Apricots, org.  
Dates, Deglet Noor, Org.  
Dates, Medjool, Org.  
Figs, Org.  
Mangos, Org.  
Prunes  
Raisins, Org.

## Nuts/Seeds

Almonds, Dry Roasted  
Almonds, Raw  
Almonds, Sliced Premium  
Cashews w/ Sea Salt, Org.  
Cashews, Whole Roasted, Org.  
Chia seeds  
Hemp Hearts  
Pecans, Whole  
Pine Nuts, Org.  
Pistashio, Shelled  
Pumpkin Seeds, Org  
Seaweed, Roasted  
Walnuts, Raw

## Canned Veg

Asparagus, Pickled  
Capers  
Green Beans  
Olives, Black  
Olives, Garlic & Jalapeno Stuffed  
Mushrooms, Sliced, Org.  
Tomatoes, Crushed  
Tomatoes, Paste, Org.  
Tomatoes, Sauce, Org.

## Dairy Case

Cage-Free Egg Whites  
Eggs  
Hard-Boiled Eggs, Org.

Key:  
V-vegetarian  
Veg-Vegan  
SWYPO



## Frozen Foods

### Fruit (SWT)

Blueberries  
 Cherries, Org.  
 Dragon Fruit, Blend, Org.  
 Festival Blend  
 Mango, Org.  
 Pineapple Chunks  
 Strawberries  
 Three Berry Blend  
 Very Berry, Org.

### Vegetables (Veg)

Cauliflower, Riced, Org.  
 Normandy Style Veg Blend  
 Stir Fry Vegetable Blend  
 Whole Green Beans

### Meat

#### Chicken

BL/SK Breasts  
 BL/SK Tenderloins  
 BL/SK Thighs  
 BL/SK Thin-Sliced  
 BL/SK Wings

#### Beef

Ground Patties  
 Ground Sirloin

#### Seafood

Cooked Tail on Shrimp  
 Farmed Atlantic Salmon  
 Farmed Shrimp  
 Raw Sea Scallops  
 Raw Tail On Shrimp  
 Tilapia Loins  
 Wild Alaska Halibut  
 Wild Alaskan Pacific Cod  
 Wild Alaskan Sockeye  
 Wild Caught Mahi Mahi  
 Wild Caught Shrimp  
 Wild Langostino  
 Wild Orange Roughy

## Refrigerated Deli

### Guacamole

Good Foods Chunky Guac to Go  
 Wholly Guac, Org.  
 Whole Peeled Garlic

### Prepared Cuts

Norwegian Smoked Salmon  
 Pacific Oysters  
 Parma Ham  
 Plainville Turkey Breast, Org.  
 Smoked Pulled Pork

### Sausage/Hot Dogs

Aidell's Chicken and Apple Sausage  
 Teton Waters Ranch G.Fed Beef Hot Dogs  
 True Story Org. Sweet Italian Chicken Sausage

## Fresh Meat

### Beef

### Chicken

### Pork

### Turkey

## Pantry

Almond Butter, Kirkland Sig.  
 Aged Balsamic Vinegar or Modena  
 Avocado Oil  
 Avocado Oil Spray  
 Chicken Broth, Org.  
 Chicken Stock, Org.  
 Cholula  
 Coconut Oil  
 Mayo, Chosen Foods  
 Olive Oil  
 Pace Salsa  
 Pineapple, Canned  
 RX Bars (Check. Types may vary)  
 Vital Peptides  
 Almond Flour

## Spices

Chili Powder  
 Cinnamon, Ground  
**Freeze-Dried**  
 Basil  
 Chives  
 Dill  
 Garlic  
 Parsley  
 Red Onion  
 Garlic, Granulated  
 Garlic, Minced  
 Garlic & Herb Seasoning, Org.  
 Italian Seasoning  
 Montreal Steak Seasoning  
 No Salt Seasoning, Org.  
 Onion, Chopped  
 Pepper, Black  
 Pepper, Telecherry  
 Saffron  
 Salt, Himalayan  
 Salt, Mediterranean  
 Salt, Pure Sea

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 Veg-Vegan  
 SWYPO

