

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

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

Sabatino's Organic Basil & Cracked Black Pepper Chicken Sausage

Refrigerated Deli

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
 Cucina Antica Tomato Basil Sauce

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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