

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

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

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
- Rao's Marinara 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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