

COSTCO SHOPPING LIST



Fresh Produce:

- Good Food avocado mash
- Dole Mandarin fruit cups
- Organic Caesar salad kit
- Honey Smoked Fish Co. honey smoked salmon
- Fruits and veggies

Meat & Protein:

- Red's Eggwich with turkey sausage
- Real Good chicken breast strips
- Kirkland Signature organic ground beef
- Sabatino's paleo organic sweet basil chicken sausage
- Bibigo chicken and cilantro mini wontons
- Chomps beef sticks
- Kirkland Signature rotisserie chicken

Cereals & Breakfast Items:

- Coach's Oats organic oatmeal
- Kodiak Cakes pancake and waffle mix
- Catalina Crunch keto-friendly cereal

Bakery & Bread:

- Kirkland Signature multigrain bread
- Stonefire naan dippers

Dairy & Eggs:

- Garden Lites spinach & egg white frittatas
- Kirkland Signature organic Greek nonfat yogurt
- Kirkland Signature organic free-range eggs
- Chobani Zero yogurt
- Darigold Trim low-fat cottage cheese

Pantry Staples:

- RX bars
- PBfit peanut butter powder
- Nature's Path organic flax plus granola
- Tasty Bite Madras lentils
- Rao's Homemade marinara sauce
- Royal basmati rice
- Kirkland Signature organic chicken bone broth
- Mission Carb Balance tortillas
- SunChips (whole grain)
- SkinnyPop popcorn
- Abuelita tortilla chips
- Parmesan whisps
- Nature's Garden organic trail mix snack packs
- Kirkland Signature roasted seaweed
- Liquid IV

Frozen Foods:

- Purely Frozen organic riced cauliflower
- Yasso frozen Greek yogurt bars

Beverages:

- Kirkland Signature cold brew coffee
- Kirkland Signature organic coconut water
- Olipop sparkling water
- Brew Dr. organic kombucha

Miscellaneous:

- Imperial Garden organic edamame
- Tasso's garlic and jalapeño double stuffed olives
- Frigo Cheeseheads string cheese

Don't forget to log your meals in the MyFitnessPal app!