

COSTCO SHOPPING LIST

FRUITS + VEGGIES

Organic Spring Mix	1 lb/\$4.35	Organic Carrots.....	10 lbs/\$6.49
Organic Spinach.....	1 lb/\$4.35	Love Beets.....	36 oz/\$7.69
Organic Blueberries.....	24 oz/\$6.99	Spaghetti squash.....	6lbs/\$6.5
Organic Raspberries.....	12 oz/\$5.49	Lemons.....	5lbs/\$6
Organic Strawberries.....	4 lbs/\$5.95	Medjool Dates.....	2lbs/\$8.99
Organic Blackberries.....	1 lb/\$6.95		
Organic Romaine Lettuce.....	6 heads/\$4.45		
Organic Honey Crisp Apples.....	5.5 lbs/\$16		
Organic Gala Apples.....	5.5 lbs/\$6.5		

PROTEIN + DAIRY

Coleman Organic Chicken.....	\$6/lb
Kirkland Organic Ground Beef.....	4 lbs/\$19.99
Grass-Fed Bison.....	2.5 lbs/\$18.99
Wild Caught Fish.....	varies
Wild Caught Smoked Salmon.....	\$16/lb
Horizon Organic Milk.....	1 1/2 gallons/\$10.99
Kerrygold Grass-Fed Butter.....	15 lb/\$7.49
Fage Nonfat Greek Yogurt.....	48 oz/\$6.45
Organic Kirkland Eggs.....	2 dozen/\$6.49

DRY, CANNED, + GRAINS

Mother Earth Organic Coffee.....	2 lbs/\$12.95
Manitoba Harvest Hemp Hearts.....	28 oz/\$12.99
Nature's Intent Organic Chia Seeds.....	32 oz/\$9.99
Blue Diamond Almond Breeze.....	6 - 32 oz/\$9.99
Kirkland Creamy Almond Butter.....	27 oz/\$10.99
Kirkland Creamy Peanut Butter.....	2 - 40 oz/\$10.99
Kirkland Raw Almonds.....	3 lbs/\$16.99
Kirkland Walnuts.....	3lbs/\$18.99
Kirkland Organic Extra Virgin Olive Oil.....	2 L/\$15.99
Avocado Oil.....	1 L/\$9.95
Kirkland Organic Coconut Oil.....	2 - 42 oz/\$27
Nature's Truth Organic Brown Rice.....	12 lbs/\$11.95
Expore Asian Black Bean Spaghetti Noodles.....	2 lb/\$8.99
Tru Roots Organic Quinoa.....	4lbs/\$14.69
Kirkland Organic Raw Honey.....	44 oz/\$11.95
Kirkland Organic Maple Syrup.....	1 L/\$13.99
Mott's Organic No Sugar Added Apple Sauce.....	36 pack/\$11.79
Wild Planet Wild Canned Tuna.....	5 pack/\$14.95
Bear + Wolf Wild Canned Salmon.....	6 pack/\$12.99
Kirkland Organic Chicken Stock.....	6 - 32 oz/\$10.99
Real Coco Organic Coconut Water.....	12 - 12oz/\$14.99

FREEZER/COLD SECTION

Life is Good Ezekiel Bread.....	2 pack/\$6.99
Organic Frozen Edamame.....	5 lbs/\$6.49
Cascadian Farms Organic Frozen Mixed Berries.....	48 oz/\$10.89
Sabra Hummus.....	32oz/\$5.95
Organic Whole Petit Green Beans.....	5lb/\$6.69
Organic by Nature Frozen Vegetable Medley.....	5lbs/\$8.79
POM Pomegranate Juice.....	60oz/\$8.95
Pineapple Juice.....	64oz/\$9.95



TIPS FOR SHOPPING AT COSTCO

Look for organic when possible and ALWAYS follow the Dirty Dozen Rule

Load up on plenty of fresh produce

ONLY purchase organic or grass-fed meats and wild-caught fish.

Look at labels before you buy to make sure there are no sneaky ingredients! If you can't pronounce it - don't buy it!