

ULTIMATE CLEAN EATING

COSTCO SHOPPING LIST

FRUITS + VEGGIES

Organic Spring Mix
Organic Spinach.....
Organic Blueberries.....
Organic Raspberries.....
Organic Strawberries.....
Organic Blackberries.....
Organic Romaine Lettuce.....
Organic Honey Crisp Apples.....
Organic Gala Apples.....
Organic Carrots.....
Love Beets.....
Spaghetti squash.....
Lemons.....
Medjool Dates.....

PROTEIN + DAIRY

Coleman Organic Chicken.....
Kirkland Organic Ground Beef.....
Grass-Fed Bison.....
Wild Caught Fish.....
Wild Caught Smoked Salmon.....
Horizon Organic Milk.....
Kerrygold Grass-Fed Butter.....
Fage Nonfat Greek Yogurt.....
Organic Kirkland Eggs.....

DRY, CANNED, + GRAINS

Mother Earth Organic Coffee.....
Manitoba Harvest Hemp Hearts.....
Nature's Intent Organic Chia Seeds.....
Blue Diamond Almond Breeze.....
Kirkland Creamy Almond Butter.....
Kirkland Creamy Peanut Butter.....
Kirkland Raw Almonds.....
Kirkland Walnuts.....
Kirkland Organic Extra Virgin Olive Oil.....
Avocado Oil.....
Kirkland Organic Coconut Oil.....
Nature's Truth Organic Brown Rice.....
Expore Asian Black Bean Spaghetti Noodles.....
Tru Roots Organic Quinoa.....
Kirkland Organic Raw Honey.....
Kirkland Organic Maple Syrup.....
Mott's Organic No Sugar Added Apple Sauce.....
Wild Planet Wild Canned Tuna.....
Bear + Wolf Wild Canned Salmon.....
Kirkland Organic Chicken Stock.....
Real Coco Organic Coconut Water.....

FREEZER/COLD SECTION

Life is Good Ezekiel Bread.....
Organic Frozen Edamame.....
Cascadian Farms Organic Frozen Mixed Berries.....
Sabra Hummus.....
Organic Whole Petit Green Beans.....
Organic by Nature Frozen Vegetable Medley.....
POM Pomegranate Juice.....
Pineapple Juice.....



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!