



Healthy Foods at Costco Checklist

COLD CASES DAIRY AND EGGS

- Kirkland Organic Eggs
- Kirkland Plain Cottage Cheese
- Kerrygold Butter
- Chobani Low Sugar
- Chobani Zero Sugar
- Organic String Cheese
- Stonyfield Yogurt Tubes
- Organic Half and Half
- Milk

OTHER COLD ITEMS

- Oasis Hummus (3-packs)
- Nitrate-free chicken sausages
- Hillshire Farm Nitrate Free Deli Turkey
- Maple Leaf Uncured Canadian Bacon
- Columbus Uncured Turkey Bacon
- Three Bridges Egg Bites
- Kevin's Brand anything
- Shrimp cocktail
- Teton Water hog dogs
- Teton Water jalapeno cheddar brats
- Amyulu breakfast sausage
- Aidells chicken sausage
(not the bacon and pineapple because the bacon is not uncured)
- Sabatino's chicken sausages and meatballs
- Kirkland Cheese Blocks (any kind!)
- Gourmet Cheeses
- Street Tacos

- Raw Sauerkraut
- Sukhi's Tika Masala or Coconut Curry
- Siete Tortillas
- Mush Overnight Oats
- Kirkland Cheese and Fruit Trays

**I don't get bacon (or most of my meat) at our Costco, because I get it from [Butcher Box](#). The bacon at our Costco is not uncured and that's a big deal to me!*

FREEZER

- Kirkland Wild Caught Sockeye Salmon
I don't like sockeye salmon but if you do, this wild-caught option is great!
- Kirkland Wild Caught Pacific Cod
- Kirkland Wild Caught Mahi Mahi
- Trident Pollock Burgers
- Trident Salmon Burgers
- Kirkland 2LB Bag of Raw Shrimp
- Columbus Seasoned Turkey Burgers
- 100% Grassfed Kirkland Burgers
- Frozen fruit for smoothies
- Cauliflower crust pizzas
- Frozen Green Beans
- Frozen Stir Fry Veggies
- Frozen Root Vegetable Blend
- Frozen Asparagus (steam in the bag)
- Frozen Brussel Sprouts (steam in the bag)
- Siete Almond Flour Tortillas
- Evol Egg Burritos
- Just Bare Chicken

VEGETABLES

All veggies, including salad kits!

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FRUIT

All fruit!

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Healthy Foods at Costco

Checklist

SNACKS

- Simple Mills Almond Flour Crackers
- Multigrain Crunch Master Crackers
- Organic Triscuits
- Caveman Bars
- RW Garcia Crackers
- Terra Vegetable Root Chips
- Nearly Naked Popcorn
- KIND Bars - 5g Sugar
- Salt and Vinegar Pistachios (Wonderful Brand)
- Garlic, Herb, and Olive Oil Almonds
- Kirkland Variety Snacking Nuts
- Natures Graden Organic Snack Mix
- Jerky
 - Snake Reiver Wagyu Jerky
 - Country Archer Mango Habanero
 - Tillamook Jerky Zero Sugar
 - Kirkland Turkey Jerky

PANTRY ITEMS

- One Degree Organic Rolled Oats (NEW!)
- Quaker Oats and Kirkland Oats
- Coaches Oats
- Health Warrior Oatmeal Packets
- Kirkland Almond Flour
- Kirkland & Kinder Seasonings (garlic salt, cinnamon, and steak seasonings plus other random ones)
- Kirkland Coconut | Kirkland Olive | Chosen Foods Avocado Oil
- Vanilla extract
- Lotus Foods Brown Rice Ramen
- Kirkland or Seeds of Change Pre-cooked Brown Rice/Quinoa Packs

- Banza Chickpea Pasta (occasional item)
- Kirkland or Nutiva Hempseeds, chia seeds, and flaxseeds
- Coffee Pods
- Laird Superfood Creamer
- Kirkland Albacore Tuna or Wild Planet Tuna
- Wild Sardines
- Wild Pink Salmon
- Mandra's Lentils (not recently, but in the past)
- Kirkland Vanilla Almond Milk
- Kirkland Almonds, Cashews, Pistachios, etc.
- Kirkland Maple Syrup
- Honey
- Kirkland Almond Butter
- Kirkland Organic peanut butter
- Stonewall Kitchen Jam or Organic Strawberry Jam
- Paleo pancake mix (on occasion)
- Granola/Cereal:
 - Nutrail Keto Nut Granola
 - Autumn Gold Grain Free Granola
 - Natures Path Pumpkin Seed and Flax
- Chose Foods Avocado Mayo
- Coconut Aminos
- Kirkland Organic Chicken Broth
- Kirkland Organic Chicken Stock
- Rao's Tomato Sauce
- Dried Fruit
- Jarred Marinated Artichokes
- Jarred Pickles
- Jarred Olives

- Jarred Peaches
- Jarred Salsa
- Kinders BBQ and Teriyaki
- Organic Mustard
- Organic Black Beans
- Organic Refried Beansnic Black Beans
- Campbells Simply Chicken Noodle Soup

KIDS SNACKS

- Fig Bars, Bobos, Z Bars Cliff
- Applesauce
- Snap Peas
- Pure Bars - Organic Layered Fruit Bars
- Country Archer Minis
- Soley Fruit Jerky
- That's It Mini Fruit Bars

PROTEIN SHAKES/BARS

- PBFit
- Orgain Protein Shakes both powder and pre-made shakes - both vegan and whey
- Core Power Protein Shakes
- Kirkland Protein Bars
- RX Bars
- Vital Proteins Collagen
- Perfect Bar (refrigerated)
- Good to Go Bar (refrigerated)
- Simply Protein Bars
- Ready Clean Protein Bar
- Kirkland Protein Bar Chocolate Peanut Butter

