



Costco Shopping List



Dairy / Deli

string cheese
 bacon
 Oikos 000 yogurt
 mozzarella
 Tillamook cheddar
 parmesan cheese wraps
 goat cheese
 Great cheese selection, any of your favorites
 (check the label for hidden sugars and carbs!)
 heavy whipping cream
 cottage cheese
 sour cream
 eggs
 hard-boiled eggs
 Kerrygold butter
 cream cheese
 egg whites
 Fage 0% Greek yogurt
 Egg Bites
 Crepini Egg Wraps
 unsweetened Silk almond milk
 deli meats
 Aidell's sausage (look for on-plan ingredients)
 Costco Cobb Salad (I use my own dressing)
 Costco Spinach Salad (I use my own dressing)

Fruit & Vegetables

strawberries, apples, oranges, etc.
 lettuce
 favorite vegetables
 (we like mini peppers, lettuce, spinach,
 brussels sprouts, and green beans),
 carrots
 sweet potatoes
 onions
 squash
 cucumbers

Pantry

olives
 pickles
 canned tuna
 canned chicken
 canned salmon
 peanut butter (check for added sugar)
 pinto beans
 canned black beans
 spaghetti sauce (look for no sugar added)
 salsa
 salad dressing (look for under 2 grams of carbs)
 parmesan cheese
 coconut milk
 brown rice
 quinoa
 cocoa powder
 chicken broth
 lemon juice
 tomato sauce
 tomato paste
 truvia
 monkfruit sweetener
 coconut oil
 avocado oil
 avocado oil spray
 olive oil
 almond flour
 coconut flour
 flax meal
 chia seeds
 spices/seasonings (turmeric, garlic powder, etc)
 Himalayan Pink Salt
 Whisps (cheese crackers made only of cheese)
 Skinny Pop

Beverages

Perrier sparkling water
 Bai 5
 La Croix sparkling water
 bottled water

Frozen

frozen broccoli, green beans, etc.
 frozen cauliflower or riced cauliflower
 frozen berries, cherries, or mango
 frozen Wild Atlantic Salmon
 frozen salmon burgers
 frozen pre-cooked chicken
 frozen burgers
 Halo Top ice cream

Nuts

nuts (they have cashews, almonds, peanuts,
 etc., just make sure to check for added
 sugars)
 sprouted pumpkin seeds

Meat

chicken breasts
 chicken thighs
 organic ground beef
 bacon
 most meats will fit into THM - we buy pork
 for carnitas, steaks on occasion, etc.
 Rotisserie Chicken
