



# Costco

## SHOPPING LIST

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- Coffee (Any Organic)
- Frozen Organic Blueberries
- Fresh Organic Blueberries
- Fresh Organic Raspberries
- Organic Restaurant Style Salsa
- Garden Fresh Gourmet
- Wildbrine Organic Sauerkraut with Probiotics
- Jongga Naturally Fermented Kimchi
- Organic Mixed Salad Greens
- Organic Bag of Mixed Power Greens
- Organic Spinach
- Organic Celery
- Organic Cucumber
- Organic Cherry Tomatoes
- Organic Brussel Sprouts
- Organic Cauliflower
- Organic Mushrooms (Brown, White, Portobello)
- Organic Sweet Onions
- Organic Zucchini/Yellow squash
- Organic Butternut Squash (Pre-cut)
- Organic Ginger Root (box)
- Italian Volcano Organic Lemon juice (2 bottles)
- Organic Pitted Castelvetrano Green Olives in Water
- Kirkland Unsweetened Almond Milk
- Kirkland Organic Almond Butter
- Aged Balsamic Vinegar
- Sprouted For You, Organic Sprouted Pumpkin seeds
- Avocados
- Kirkland Organic Extra Virgin Olive Oil
- Organic Coconut Oil
- Chosen Foods Avocado Oil
- Organic Ground Turkey Fulton Valley Farms
- Organic Chicken Boneless, Skinless Fresh
- Fresh Wild Caught Alaskan Sockeye Salmon
- Fresh Wild Caught Ahi
- Frozen Kirkland Wild Caught Alaska Sockeye Salmon
- Frozen Kirkland Wild Mahi-Mahi
- Kirkland Premium Chunk Breast Canned Chicken
- Season Wild Caught Sardines (Tins)
- Kirkland Wild Caught Alaskan Pink Salmon (Cans)
- Organic Hemp Hearts (Manitoba Harvest)
- Raw Unsalted Almonds (Organic preferred)
- Raw Unsalted Walnuts (Organic preferred)





# Trader Joe's SHOPPING LIST

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- Organic Low Sodium Vegetable Stock (Carton)
- Organic Low Sodium Chicken broth (Carton)
- Frozen Wild Caught Mahi-Mahi
- Frozen Wild Caught Salmon
- Frozen Wild Argentine Red Shrimp
- Frozen Wild Caught Cod Filets
- Organic Red Plum Cherry Tomatoes
- Organic Cauliflower
- Organic Shredded Kale
- Organic Tuscan Kale
- Organic Asparagus
- Organic Broccoli Florette's
- Organic Wild Arugula
- Organic Cruciferous Crunch Collection
- Trader Joe's Shredded Carrots
- Trader Joe's Organic Shredded Green & Red Cabbage with Orange Carrots
- Organic Gala Apples
- Trader Joe's Kimchi Spicy Fermented Napa Cabbage
- Joe's Sauerkraut with Pickled Persian Cucumbers
- Trader Joe's Steamed Lentils
- Organic Coconut Aminos (Soy Sauce Replacement)
- Organic Coconut Milk (Canned full fat)
- Trader Joe's Salsa Verde (Jar)
- Trader Joe's Dijon Mustard with White Wine
- Trader Joe's Organic Decaf Whole Coffee Bean
- Organic Joe Medium Roast Ground Coffee
- Ezekiel 4:9® Sprouted Whole Grain Bread
- Pasture Raised Large Brown Eggs

