

# COSTCO shopping list

Eat clean everywhere you go!



## COLD FOODS

- Greek Yogurt
- Almond Milk
- Organic Eggs
- Organic Beef
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## FROZEN FOODS

- Salmon (wild caught)
- Shrimp (all natural)
- Organic Frozen Berries
- Organic Frozen Veggies
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## DRY GOODS

- Organic Quinoa
- Organic Brown Rice
- Almond Butter
- Raw Honey
- Raw Nuts
- Whole Grain Bread
- Gluten Free Crackers
- Wild Caught Canned Tuna
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## PRODUCE

- Organic Carrots
- Organic Blueberries
- Organic Spinach
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## SPICES

- Organic Oregano
- Himalayan Pink Salt
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## SUPERFOODS

- Chia Seeds
- Hemp Seeds
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## EXTRAS

- Coconut Water
- Organic Coconut Oil
- Smoked Salmon (all natural)
- Larabars
- Organic Green Tea
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