

Spunky Costco Shopping Guide

(these items come and go, and vary by state)

PRODUCE

apples, organic
applesauce without added sugar, organic
avocado
blueberries, organic, frozen
broccoli, organic, frozen
carrots, organic
celery, organic
cherries, organic, frozen
chips, Bare Fruit Apple chips
dates, organic
figs, organic, dried
grapes, organic
green beans, organic, frozen
herbs, potted, organic (seasonal)
mango, organic, frozen
mixed vegetables, organic
mushrooms, organic
pineapple
power greens, organic
spinach, organic
spring mix, organic
strawberries, organic, frozen
super berries, organic, dried
sweet potatoes, organic
tomatoes, organic

NUTS & SEEDS

almonds, organic
almond butter
almond milk, (Silk) non-GMO,
carrageenan-free, and unsweetened
cashews, organic, raw
chia seeds, organic
flaxseed meal, organic
hemp hearts, (Manitoba Harvest)
mixed nuts, organic
pine nuts, organic
pumpkin seeds, organic, sprouted

PROTEIN & GOOD FATS

avocado oil
butter (Kerrygold), grass fed
coconut oil, organic
chicken, organic
beef, organic
eggs, organic
sardines
wild Alaskan salmon, canned and smoked

CLEANING SUPPLIES

white vinegar (cleans glass and kills weeds)
baking soda

PANTRY ITEMS

bread, gluten-free not grain-free
Cholula hot sauce
Lara Bars
salsa, organic
spices, organic

DRINKS

coconut water
Izze
pomegranate juice
San Pellegrino

BOOKS & MORE!

Easy Paleo Meals (by me, Kelly Brozyna!)
Juli Bauer's Paleo Cookbook
Clean Eating with a Dirty Mind
kids activity books
succulents and plants (seasonal)
Blendtec and Vitamix
kids pajamas, organic!
and more!