



Your Costco Shopping List

Essentials

Veggies & Fruit

- Spinach
- Mushrooms
- Salad Kit x2
- Avocados
- Oranges
- Onions
- Potatoes
- Broccoli or Asparagus
- 1-2 Seasonal Veggies (Squash, corn etc)
- Frozen Fruit for Smoothies



Meats

- Organic Chx Breasts
- Organic Ground Turkey
- Organic Chx Sausage
- Turkey Bacon
- Fresh Fish (NOT Farmed) or Fresh Shrimp
- 1 Cooked Rotisserie Chicken



Dairy

- Half & Half
- Coconut Milk
- Cheese (1 block)
- Organic Greek Yogurt
- Organic Eggs



Grains

- Steal Cut Oats
- Brown Rice
- Quinoa or CousCous
- Pasta
- Granola or Cereal



Non Food Items

Cleaning supplies, toiletries, dog & cat food

Only Purchased when Out

- Laundry Soap
- Flushable Wipes (non-essential butt :) nice)
- Paper Towels
- Toilet Paper & Kleenex
- Dog food and Cat Food
- Garbage Bags
- General Multi-Purpose Cleaning Agent



Snacks and Non Essentials

Variety is good-just stay in check

- La Croix Sparkling Water
- Unsalted Nuts
- Hummus and Chips
- Veggie Bites
- Granola Bars (if they have any decent ones)
- Curry Sauce or Soup -Pre-made



Emergency Meals

- Orange Chicken- Frozen
- Famy's Organic Burritos-frozen
- Lentils and Pan

Remember



Bring a List



Essentials (Real Food)



Shop the Edges



Set a Budget- Buy what you are out of

This is your list. Make it work for your family

and your budget

Costco Once a Month

We shop at Trader Joes and Safeway in between this trip for the small things. Fill in your replenish needs here -->

Replenish

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

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