

Costco Checklist

Back of Costco - Refrigerated Section

- Fruit/Veg produce on sale?
- Organic Whole Chicken ___ Breasts ___ Thighs
- Grassfed Hot Dogs ___ Sausages
- Cheese - Manchego ___ Goat ___ Parm ___ Kerrygold
- Guacamole Single Cups ___ Large Bowls
- Graza Olive Oil Hummus
- Grassfed Butter

Freezer Section

- Fruit- Blueberries ___ Strawberries ___ Other
- Veg- Riced Cauli ___ Grn Beans ___ Other
- Grsfed Beef Patties ___ Wild Salmon/Cod/Mahi
- Breakfast Meat - Chicken Sausages ___ Bacon
- Seite Almond Wraps
- Other Seasonal Jonny Pops ___ Chicken Burger

Middle Snacks Aisle

- Meat Sticks - Archers ___ Chomps ___ Dukes
- Nuts - Macadamia ___ Cashew ___ Other
- That's It Fruit Bars ___ Nut Butter Filled Dates
- Coconut Rollers
- RX Protein Balls ___ TruBar Protein Bars
- Other Seasonal Rotation

Back of Costco - Paper Products/Household

- Toilet Paper ___ Paper Towel ___ Tissues
- Ecos Laundry Soap ___ Plant Based Dish Soap
- Blue Land Eco Dishwshr Tabs ___ Eco Dish Soap
- Zip Lock Bags Snack ___ Sandwich ___ Qt ___ Gal

Side Aisles - Pantry

- Almond Flour
- One Degree Sprouted Oats
- Seven Sunday's Cereal Snacks
- Rice Ramen Noodles
- Chia Seeds ___ Hemp Hearts ___ Flax Meal
- EVOO Kirkland Spain ___ Other Single Origin
- Seasoning Onion ___ Garlic ___ Sea Salt ___ Pepper
- Spices Cinnamon ___ Paprika ___ Other
- Vanilla Extract ___ Cocoa Powder
- Baking Soda
- Fats - Ghee ___ Coconut Oil ___ Tallow ___ Avo Oil
- Honey ___ Maple Syrup ___ Jam ___ Salsa
- PB ___ Almond Butter ___ Mixed Nut Butter
- Dried Fruit Figs ___ Dates ___ Raisins ___ Other
- NOKA Smoothie Pouches
- Fruit & Veg Pouches ___ Applesauce Pouches
- Gluten Free Bread ___ Simple Mills Crackers
- Chips - Tortilla ___ Seite ___ Swt Potato ___ Boulder
- Wild Caught Can Tuna ___ Sardines ___ Salmon