

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 ____
- ☐ Kirkland Grassfed Butter

Freezer Section

- ☐ Fruit- Blueberries ____ Strawberries ____ Other ____
- ☐ Veg- Riced Cauli ____ Grn Beans ____ Other ____
- ☐ Grassfed Beef Patties
- ☐ 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
- ☐ Coconut Rollers
- ☐ Other Seasonal Rotation
- ☐ Other Seasonal Rotation

Back of Costco - Paper Products/Household

- ☐ Toilet Paper ____ Paper Towel ____ Tissues ____
- ☐ Ecos Laundry Soap ____ Plant Based 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 ____
- ☐ Olive Oil Kirkland Spain ____ Single Origin ____
- ☐ Seasoning Onion ____ Garlic ____ Sea Salt ____ Pepper ____
- ☐ Spices Cinnamon ____ Paprika ____ Other ____
- ☐ Vanilla ____ Cocoa Powder ____
- ☐ Baking Soda
- ☐ Fats - Ghee ____ Coconut Oil ____ Tallow ____ Avo Oil ____
- ☐ Honey ____ Maple Syrup ____ Jam ____ Salsa ____
- ☐ Peanut Butter ____ Almond Butter ____
- ☐ Honey ____ Maple Syrup ____ Peanut Butter ____
- ☐ Dried Fruit Figs ____ Dates ____ Raisins ____ Other ____
- ☐ Fruit Pouches ____ NOKA Smoothie Pouches ____
- ☐ Gluten Free Bread ____ Simple Mills Crackers ____
- ☐ Chips - Tortilla ____ Seite ____ Swt Potato ____ Boulder ____
- ☐ Tuna Fish ____ Sardines ____ Canned Salmon ____