



# 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

- Steel 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
- Amy's Organic Burritos-Frozen
- Lentils and Nan



## 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.

### Replenish

1. Veggies
2. Herbs (Fresh)
3. Coconut Creamer
4. Wine
5. Pizza Dough
6. Canned Beans
7. Salsa

powered by

PIKTOCHART