

Whole30 Costco Shopping List

(I've bolded my must-haves!)



Protein

- Frozen Turkey Patties (Kirkland Brand)
- Frozen Shrimp
- Organic Ground Beef**
- Ground Bison
- Aidell's Chicken Apple Sausage**
- Teton Waters Ranch Grass Fed Beef Hot Links (spicy!)**
- Ground Turkey
- Whole Organic Chickens
- Eggs

Veggies & Fruit

- Potatoes (sweet potatoes, red potatoes, russet potatoes)
- Onions
- Tomatoes
- Asparagus
- Sweet Peppers**
- Dates
- Lemons
- Avocados
- Bananas
- Brussels Sprouts
- Clementines
- Blackberries**

Other Items

- Chosen Foods Avocado Oil
- GoodFoods Guacamole (individual serving size cups)
- GT's Kombucha
- Organic GoGo Squeeze Apple Sauce Pouches
- Organic Apple Chips
- Macadamia Nuts (Kirkland Brand)
- Tomato Paste**
- Victoria White Linen Marinara Sauce**
- Tony Chachere's Creole Seasoning**
- Salt & Pepper Grinders**
- Organic Chicken Stock (Kirkland Brand)**
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