

# Spunky Costco Shopping Guide

(these items come and go, and vary by state)

## PRODUCE

apples, organic  
applesauce without added sugar, organic  
avocado  
blueberries, organic, frozen  
broccoli, organic, frozen  
carrots, organic  
celery, organic  
cherries, organic, frozen  
chips, Bare Fruit Apple chips  
dates, organic  
figs, organic, dried  
grapes, organic  
green beans, organic, frozen  
herbs, potted, organic (seasonal)  
mango, organic, frozen  
mixed vegetables, organic  
mushrooms, organic  
pineapple  
power greens, organic  
spinach, organic  
spring mix, organic  
strawberries, organic, frozen  
super berries, organic, dried  
sweet potatoes, organic  
tomatoes, organic

## NUTS & SEEDS

almonds, organic  
almond butter  
almond milk, (Silk) non-GMO,  
carrageenan-free, and unsweetened  
cashews, organic, raw  
chia seeds, organic  
flaxseed meal, organic  
hemp hearts, (Manitoba Harvest)  
mixed nuts, organic  
pine nuts, organic  
pumpkin seeds, organic, sprouted

## PROTEIN & GOOD FATS

avocado oil  
butter (Kerrygold), grass fed  
coconut oil, organic  
chicken, organic  
beef, organic  
eggs, organic  
sardines  
wild Alaskan salmon, canned and smoked

## CLEANING SUPPLIES

white vinegar (cleans glass and kills weeds)  
baking soda

## PANTRY ITEMS

bread, gluten-free not grain-free  
Cholula hot sauce  
Lara Bars  
salsa, organic  
spices, organic

## DRINKS

coconut water  
Izze  
pomegranate juice  
San Pellegrino

## BOOKS & MORE!

*Easy Paleo Meals* (by me, Kelly Brozyna!)  
*Juli Bauer's Paleo Cookbook*  
*Clean Eating with a Dirty Mind*  
kids activity books  
succulents and plants (seasonal)  
Blendtec and Vitamix  
kids pajamas, organic!  
and more!