

Costco Shopping List:

1. Kirkland or Blue Diamond blanched, finely ground Almond Flour 3 pound bag
2. Vital Proteins Collagen Powder- Blue Tub
3. Organic Frozen Fruit
4. Organic Frozen Veggies
5. Frozen Organic Avocado Chunks
6. Produce- organic spinach, organic bananas, spring mix salad
7. Kirkland Turkey Burgers and or Chicken burgers- Frozen
8. Prosciutto
9. Kirkland Parchment Paper for baking with almond flour
10. Wild Planet Tuna- 6 pack
11. Cashew Butter or Almond Butter
12. Kerry Gold Butter
13. Simple Mills Crackers- Almond Crackers
14. Raw local honey
15. Grass Fed Beef
16. Pasture Raised Chicken
17. Organic Eggs