

Costco Shopping List:

1. Kirkland or Blue Diamond finely ground, blanched Almond Flour
2. Vital Proteins Collagen Powder- Blue Tub
3. Organic Frozen Fruit
4. Organic Frozen Veggies
5. Organic Frozen Avocado Chunks (Seasonal)
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. Season Brand Sardines
12. Cashew Butter or Almond Butter
13. Kerry Gold Grass Fed Butter
14. Simple Mills Crackers- Almond Crackers
15. Raw local honey
16. Grass Fed Beef
17. Pasture Raised Chicken
18. Organic Eggs
19. Organic guacamole