



PALEO PARENTS COSTCO SHOPPING GUIDE

Your Guide to Yummy Gluten-Free and Paleo Goodies!

HOME SECTION

Beyond Bacon (Our Book!!)
Ello Glass Water Bottles
Snap Top Reusable Glass Containers
Compostable, Recycled Material Paper Plates

MEAT AND REFRIGERATED

Fresh Organic Chicken and Beef
Fresh Wild Caught: Tuna, Salmon, Tilapia, Cod, Scallops, Lobster
Salmon prepared with Basil Pesto Butter or Pesto and Pistachios
Hot Dogs and Bacon: some Costco's have paleo-friendly options
Uncured Ham
Smoked Salmon
Prosciutto
Aidell's Chicken Sausage
Cuisine Solutions Sliced Beef
Kerrygold Grassfed Butter and Cheese

FRESH PRODUCE

Love Beets
Fresh Organic Salsa
Organic Spring Mix Salad
Parisian Salad (skip the croutons and dressing)
Sweet Kale Salad (skip the croutons and dressing)
Power Greens Mix
Baby Spinach
Asparagus
Snack Apples
Baby Carrots
Fresh Fruit Salad
Cut Pineapple
Cut Mango
Wholly Guacamole (mini and regular size)
Dates
Onions
Clementines
Potatoes
Berries
Apples

FROZEN FOODS

Jones Sausage
Organic Wild Berries
Shrimp
Chicken: Wings, Breasts, Tenders
Wild Caught Salmon
Wild Caught Cod
Wild Caught Flounder
Wild Caught Mahi Mahi
Wild Caught Mackerel
Duck
Baby Peas
Normandy Vegetables

DAIRY SECTION

Organic Eggs
Naked Smoothies

PANTRY ITEMS AND SNACKS

Organic Power Nut Mix
Beef Jerky
Bare Fruit Apple Chips
Freeze Dried Fruit
Cashews
Roasted Almonds
Pistachios
Macadamia Nuts
Vanilla & Spices
Mayorga Organic Coffee
Honest Kids Juice Drink
Coconut Juice & Water
Mott's Organic No Sugar Added Apple Sauce
Go-Go Squeezers
Fruit in Cups in Juice
Grade B Maple Syrup
Raw Honey
Raw Pecans
Raw Almonds
Raw Walnuts
Dried Cherries
Dried Dates
Dried Figs
Dried Blueberries
Chosen Foods Avocado Oil
Carrington Farms Organic Coconut Oil
Canned Black Olives
Chia Seeds
Organic Canned Tomato Paste
Organic Diced Tomatoes
Canned Mushrooms
Wild Planet or Kirkland Sustainable Canned Tuna
Canned Salmon
Canned Sardines
Canned Clams

NON PALEO, BUT WE BUY IT

Udi's Gluten Free Bread (bakery)
Rotisserie Chicken (meat)
Good Food's Cherry Almond Chicken Salad (fridge)
Salmon Burgers (frozen)
Silk Almond Milk (fridge)
Almond Breeze Unsweetened Vanilla (pantry)
Skinny Pop Popcorn (pantry)
Pamela's Gluten-Free Baking Mix (pantry)
Bark Thins Chocolate Almond Coconut Bark (snacks)
Annie's Bunny Fruit Snacks (snacks)
Kirkland Cashew Clusters (snacks)