

KETO SHOPPING LIST FOR COSTCO

VEGETABLES

Fresh Strawberries
Fresh Raspberries
Romaine Lettuce
Butter Lettuce
Organic Spinach Lettuce
Mixed Spring Greens
Organic Cauliflower Rice
Baby Cucumbers
Long Cucumbers
Cauliflower
Asparagus
Green, Red, Orange peppers
Mushrooms
Avocados
Celery

DAIRY

Raw Eggs
Bundle of Hard-Boiled Eggs
Almond Milk
Heavy Cream
Whipped Cream
Cream Cheese
Cheese (Blocks, Slices etc)
Kerry Gold Butter
Organic Salted Butter
Babybel Cheese Circles
Cheese Sticks
Parmesan Cheese
Feta Cheese
Gouda Cheese
Sour Cream

FROZEN

Fresh Blueberries
Frozen Blueberries
Frozen Strawberries
Frozen Organic Asparagus
Frozen Stir Fry Vegetable Blend
Frozen Organic Broccoli Florets

CANNED/CONDIMENTS

Beef jerky (watch for sugar)
Cheese Whisps
Mayonnaise
Canned Sardines
Canned Chicken Breast
Canned Tuna
Canned Mackerel
Chicken Stock
Kirkland Organic Marinara Sauce
Kirkland Artichoke Hearts
Stuffed Greek Olives
Pickled Banana Peppers
Roasted Seaweed Snack Packs
Kirkland Organic Creamy Peanut Butter
Kirkland Organic Almond Butter
Dried Spices

DRINKS

Coffee (K-cups or regular)
Topo Chico mineral water
La Croix Sparkling water

MISC

Freezer Ziplock Storage Bags

PROTEIN

Steak
Organic Ground Hamburger
Pork Loin
Bacon
Precooked Kirkland Bacon
Bacon Crumbles
Turkey Breast
Sausage
Hot Dogs
Sandwich Meats
Wild Alaskan Smoked Salmon
Rotisserie Chicken
Pacific Cod
Frozen Chicken Breasts
Alaskan Sockeye Salmon
Frozen Ground Beef Patties
Sea Scallops
Beef Tenderloins
Columbus Uncured Pastrami
Organic Chicken Thighs
Organic Chicken Breasts

BAKING/NUTS

Almond Flour
Himalayan Salt
Chia Seeds
Organic Coconut Oil
Kirkland Organic Olive Oil
Avocado Oil
Cashews
Almonds
Pistachios
Macadamia Nuts
Pecans
Walnuts