

COSTCO SHOPPING LIST

DRY, CANNED & GRAINS

- Hemp Hearts
- Chia Seeds
- Pumpkin Seeds
- Flax Seeds
- Almond Butter
- Other nut butters (coconut, tahini, cashew, etc)
- Almonds
- Walnuts
- Olive Oil
- Avocado Oil
- Coconut Oil
- Sprouted Bean Mix
- Sprouted Rice and Quinoa Mix
- Quinoa
- Raw Honey
- Organic Maple Syrup
- Unsweetened Apple Sauce
- Oats
- Coconut Flour or other alternative flours as desired

FRESH

- Bananas
- Spinach
- Lemons
- Protein as desired
- Dates
- Eggs
- Whatever fruit and veggies you will eat before they go bad!

FRIDGE AND FREEZER

- Almond Milk
- Kefir
- Edamame
- Ezekial or other Sprouted Bread
- Frozen Vegetables
- Frozen Fruit

SNACKS

- Unsweetened trail mix
- Lara bars
- Roasted Seaweed Snacks
- Mary's crackers

**FIT
FEELS
GOOD**