



# COSTCO LIST

## FRESH

Bananas  
Spinach  
Lemons  
Protein as desired  
Dates  
Eggs  
Whatever fruit and veggies you will eat before it goes bad!

## DRY, CANNED & GRAINS

Hemp Hearts  
Chia Seeds  
Pumkin 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

## 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