

# FI Shopping List: Costco

Hi there!

We're John and Rosemary Fotheringham, two Functional Nutritional Therapy Practitioners (FNTPs) and the husband-and-wife founders of Flourish Fundamentals.

We teach people on the path to Financial Independence [how to eat and cook healthy and sustainably](#) (without spending a fortune!)

When you're first trying to reduce your grocery spending and still eat healthy, it can be totally overwhelming knowing how to shop.

That's why we created this Costco shopping list. We use this for ourselves, and we hope it will be helpful for you too!

The foods on this list are exactly the sorts of foods our participants in our 30-Day Reset classes eat: plenty of satisfying, nourishing meats, vegetables, and healthy fats, and at prices that won't break the bank. (Hooray!)

Food quality is always a matter of prioritization. Focus on buying high-quality fats first, meats second, and vegetables & fruits third.

For foods marked with \*, always buy organic, if possible: see the [Clean 15](#) and [Dirty Dozen](#). The others can be conventional.

Wishing you the best of luck on your Financial Independence journey!

xoxo

Rosemary + John

[FlourishFundamentals.com](http://FlourishFundamentals.com)

PS. The list is not necessarily comprehensive, since grocery store selections change frequently. For any other products not listed on here, **read your labels carefully** to make sure there aren't any undesirable ingredients like hidden sugar or industrial seed oils like canola oil, which are in 95% of grocery store foods!

# A Shopping List: Costco

## SHOPPING TIPS

1. Always buy **Dirty Dozen** foods organic.
2. Read ingredient labels carefully for hidden **sugar & industrial seed oils**.
3. Prioritize \$ for quality: ① Fats, ② Proteins, and then ③ Veggies & Fruits

## Fresh Meat, Seafood & Eggs

- Kirkland Signature Organic Ground Beef
- Plain beef (all cuts)
- Great Range Ground Bison
- Plain pork (all cuts)
- Kirkland Signature Lamb (all cuts)
- Foster Farms Organic Ground Turkey
- Kirkland Signature Organic Chicken (all)
- Plainville Farms Oven Roasted Turkey Breast
- Fresh crab
- Pacific Fresh Dungeness Crab Meat
- Hilton's Pacific Oysters
- Kirkland Signature Organic Eggs
- Kirkland Signature Organic Hard-Boiled Eggs
- Citterio Prosciutto Di Parma
- Amylu Chicken Breakfast Links
- Greenridge Farm Beef Snack Stick
- Greenridge Farm Chicken Snack Stick
- TruGrill Grilled Chicken Strips
- Teton Waters Ranch Polish Sausage
- Sabatino's Paleo Organic Basil & Cracked Black Pepper Smoked Chicken Sausage
- Sabatino's Paleo Organic Tomato & Basil Chicken Meatballs

## Fresh Produce

- Avocados
- Whole Bell Peppers
- Cucumbers
- Garlic
- Grapefruit
- Green apples \*
- Limes
- Lemons
- Onions
- Tomatoes \*

## Refrigerated Produce

- Blueberries \*
- Windset Farms Mini Bell Peppers
- Cal-Organic Rainbow Carrots
- Cal-Organic Baby Carrots
- Bonipak Organic Cauliflower Florets
- Oppy Organic Ginger Root
- Hippy Organics Organic French Beans
- Highline Organic Mushrooms
- Driscoll's Organic Raspberries \*
- Spinach \*
- Ready Pac Organic Spring Mix
- Earthbound Farm Power Greens
- Earthbound Farm Organic Romaine Hearts
- Josie's Organics Mediterranean Crunch Chopped Salad Kit (omit bread, cheese, dressing)
- Eat Smart Sweet Kale Salad (omit cranberries and dressing)
- Thai Coconut Skillet Kit (omit sauce)
- Earth Farms Organic Zucchini & Yellow Squash

## Frozen Meats & Produce

- Kirkland Signature 100% Grass Fed Beef Patties
- Kirkland Signature Wild Alaskan Pacific Cod
- Kirkland Signature Wild Alaskan Salmon
- Kirkland Signature Wild Alaskan Halibut
- Kirkland Signature Wild Alaskan Mahi-Mahi
- Kirkland Signature Raw Tail-On Shrimp
- Kirkland Signature Raw Sea Scallops
- Kirkland Signature Organic Normandy Vegetables
- Purely Frozen Organic Riced Cauliflower
- Tattooed Chef Organic Zucchini Spirals
- Dujardin Organic Extra Fine Green Beans
- Chosen Foods Diced Hass Avocados
- Kirkland Signature Organic Blueberries

## Fats & Vinegars

- Chosen Foods Avocado Oil
- Chosen Foods Avocado Oil Spray
- Kirkland Signature Organic Virgin Coconut Oil
- Kirkland Signature Organic Extra Virgin Olive Oil
- Kirkland Signature Aged Balsamic Vinegar
- Kirkland Signature Organic Apple Cider Vinegar

## Dairy

- Kerrygold Butter
- Horizon Organic Half & Half
- Horizon Organic Heavy Whipping Cream

## Drinks

- Kirkland Signature Espresso Blend Dark Roast
- Kirkland Signature Green Tea Bags
- Kirkland Signature Organic Coconut Water
- San Pellegrino Sparkling Natural Mineral Water
- Kirkland Signature Italian Sparkling Mineral Water
- Stash Tea, Variety Pack

## Condiments & Canned Foods

- Kirkland Signature Chunky Guacamole
- Thai Kitchen Organic Coconut Milk
- Chosen Foods Avocado Oil Mayonnaise
- Kirkland Signature Spanish Queen Olives
- Tassos Garlic & Jalapeño Olives
- Tassos Pitted Kalamata Olives
- Bella Sun Luci Sundried Tomatoes
- Wildbrine Raw Organic Sauerkraut
- All individual spices (for mixes, check ingredients)
- Wild Planet Albacore Wild Tuna
- Season Skinless & Boneless Sardines
- Kirkland Signature Wild Alaskan Pink Salmon
- Kirkland Signature Organic Diced Tomatoes
- Kirkland Signature Organic Tomato Paste

## Nuts & Seeds

- Kirkland Signature Creamy Almond Butter
- Kirkland Signature Supreme Whole Almonds
- Kirkland Signature In-Shell (or Shelled) Pistachios
- Kirkland Signature Walnut Halves
- Kirkland Signature Organic Pecans
- Kirkland Signature Organic Pine Nuts

## Supplements

- Vital Proteins Collagen Peptides

## OTHER RESOURCES

- [MyGroceryDeals.com](https://www.mygrocerydeals.com): find best prices based on current deals in your local grocery stores.
- [EatWild.com](https://www.eatwild.com): You can get sustainable, pastured & grass-fed meats for cheap when you buy in bulk. Find local farmers for a whole/half/quarter beef, pork, lamb, bison, etc. or bulk chicken. A secondhand chest freezer is worth the money for the bulk meat cost savings, as is a freezer alarm to warn of dips in temperature.
- Additional resources at [flourishfundamentals.com/resources](https://flourishfundamentals.com/resources).