
























AN ACTUAL EXAMPLE OF MY COSTCO LIST

Item/Food	Quantity	Favorite Use
Grains		
Steel Cut Oats 	7 lb	Oatmeal
Quinoa 	4.5 lb	Quinoa Bowls
Meat/Poultry/Fish (Fresh and Frozen)		
Fresh Salmon	1 lb	Pan-Seared Filets
Frozen Tilapia Loins	3 lb	Fish Tacos
Frozen Chicken Breast 	3.5 lb	Shredded Buffalo Chicken
Nuts, Seeds & Dried Fruit		
Chia Seeds 	2 lb	Chia Seed Breakfast Pudding
Whole Almonds	3 lb	Chocolate Coconut Bites
Dried Noor Dates 	2 lb	Flatbread
Dried Apricots 	3 lb	Snack
Miscellaneous		
Coconut Oil 	84 oz	Chocolate Coconut Bites
Halo Top Ice Cream	4 pints	Dessert
Firm Tofu 	4 x 1 lb packs	Tacos
Beets (cooked/peeled) 	3 x 1.1 lb packs	Beet Tacos
Ezekiel Sprouted Bread 	2 x 32 oz loaves	Open-Face Sandwiches
Frozen Fruits & Vegetables		
Frozen Berry Blend 	3 lb	Smoothies
Frozen Edamame 	6 x 14 oz bags	Appetizer with Spicy Mayo
Canned Goods		
Black Beans 	8 x 15 oz. cans	Chili
Coconut Milk 	6 x 13.66 oz. cans	Coconut Curry Carrot Soup
Diced Tomatoes 	8 x 14.5 oz. cans	Chicken Tortilla Soup
Eggs & Dairy		
Hard-Boiled Eggs 	32 ct	Breakfast Toast
Plain Greek Yogurt 	48 oz	Substitute for Sour Cream
Goat Cheese	21 oz	Goat Cheese Stuffed Dates
Almond Milk 	6 x 32 oz.	Smoothies
Fresh Fruits & Vegetables		
Avocados 	6 ct	Anything and Everything
Mangos 	6 ct	Snack
Blueberries 	18 oz	Chia Seed Breakfast Pudding
Gourmet Tomato Medley	2 lb	Snack (slow roasted)
Carrots 	10 lb	Garlic Butter Carrots
Spinach 	1 lb	Sautéed with Tomatoes

 Organic