

Real Food Shopping List



This list is based on my top food picks from Costco, based on the [Live Simply real food definition](#). This list doesn't represent all the food options available at Costco. This guide isn't affiliated with Costco.

BAKING/COOKING STAPLES

Sweeteners:

- Organic white sugar: Kirkland
- Honey, look for raw honey
- Pure Maple Syrup (grade A): Kirkland, various

Oils:

- Olive oil: Kirkland, various imports
- Coconut oil: Carrington Farms, some stores carry Nutiva according to blogger friends
- Avocado oil: Ottavia

Vinegars:

- Balsamic vinegar: Kirkland
- White distilled vinegar: Heniz for cleaning
- Balsamic vinegar: various including organic (read label)

Spices:

- Various bottles (some organic): Kirkland, McCormick
- Sea Salt: The Spice Lab, various

Grains, Rice, Pasta:

- Pasta: various
- Dry Beans: various
- Rice: Kirkland, Della, Village Harvest, various
- Quinoa: Nature's Wild Grains

Misc.:

- Baking soda: Arm & Hammer
- Unsweetened applesauce (read the labels)
- Rolled oats: various

- Organic diced tomatoes & tomato sauce: Kirkland
- Tomato paste: Kirkland
- Chia seeds: various
- Flax meal/seeds: Stober Farms
- Nuts: Kirkland, various
- Pure vanilla extract (if not making homemade): Kirkland
- Natural Olives: (watch ingredients!) Various, Lindsey naturals are non-GMO and just sea salt, olives, and water!
- Dates: various
- Dried fruit: Made in Nature, Kirkland, various (read labels-watch the sugar)

CONDIMENTS

Misc.:

- Ketchup: Muir Glen
- Almond butter: Kirkland
- Nut/seed Butters: NuttZo, various
- Jam: Kirkland, various

MEAT, DAIRY AND EGGS

Meat/Seafood:

- Organic ground beef: Kirkland
- Organic whole chicken: Coleman
- Frozen fish: Kirkland (look for "wild-caught")
- Tuna (canned): Wild Planet

- ❑ Salmon (canned): Kirkland (look for “wild”)
- ❑ Sardines: Wild Planet, Season Brand
- ❑ Anchovies: Crown Prince

Dairy:

- ❑ Butter: Grass-fed Kerrygold, Kirkland Organic
- ❑ Cheese: Grass-fed Kerrygold, Cabot, various imports

Eggs:

- ❑ Kirkland Cage-Free Eggs

PREPARED FOODS

Cereal/Granola:

- ❑ Granola: Nature’s Path Pumpkin Flax

Snacks:

- ❑ Snack bars: Lara Bars
- ❑ Fruit leather/strips: Pure Organics
- ❑ Crackers: Mary’s Gone Crackers
- ❑ Chips: Organic Corn Tortilla Chips
- ❑ Raisins: Sun-Maid
- ❑ Applesauce Squeeze Pouches: Kirkland, Go-Go Squeeze

Treats:

- ❑ Frozen fruit bars: various-read labels

BEVERAGES

Coffee and Tea:

- ❑ Coffee

Misc.:

- ❑ Plain coconut water, various
- ❑ Juice: Apple & Eve
- ❑ Sparkling water: Pellegrino

PRODUCE

Organic and Conventional:

- ❑ Boxed & bulk leafy greens (some organic selections, such as: Earthbound)
- ❑ Various produce items (some organic)

Frozen:

- ❑ Fruit: cherries, pineapple, mango, berries, etc.
- ❑ Veggies: broccoli, mixed veggies

- ❑ Shop according to the “Buy Organic” list, if possible.

NON-FOOD

Bath/Body:

- ❑ Rubbing alcohol: Swan
- ❑ Hydrogen peroxide: Swan
- ❑ Epsom salt
- ❑ The Honest Co. (sunscreen, shampoo/body wash)

Household:

- ❑ Laundry: A few organic detergents (read labels)
- ❑ Real food cookbooks

