

# Costco Clean Eating Grocery Guide

## Clean 15 2024

- avocado
- sweet corn
- pineapple
- onions
- papaya
- frozen sweet peas
- asparagus
- honey dew melon
- kiwi
- cabbage
- mushrooms
- mangos
- sweet potatoes
- watermelon
- carrots

## Dirty Dozen 2024

- strawberries
- spinach
- kale
- collard/mustard greens
- grapes
- peaches
- pears
- nectarines
- apples
- bell/hot peppers
- cherries
- blueberries
- green beans

-choose organic options when feasible & always for dirty dozen items.

## Fruits & Veggies

- 16 oz. spinach/spring mix
- various veggies
- various fruits
- select salad kits (check label!)
- unsweetened dried fruits (mango, dates, etc.)

### Frozen Section

- Kirkland berries
- Cauliflower rice
- Kirkland Mixed Veggies
- Kirkland Normandy Vegetable

## Deli Section

- Kirkland hummus (bulk & indiv.)
- Kirkland guacamole (bulk & indiv.)
- Jack's Cantina salsa
- Kirkland nitrate free turkey
- Rumiano Family organic sliced cheddar
- Siete almond flour tortillas

## Meat & Protein

- Kirkland grass-fed beef
- Kirkland organic chicken
- House Foods organic tofu
- Wild Planet canned tuna
- Kirkland canned salmon
- Archer jerky beef sticks

### Frozen Section

- wild-caught shrimp
- wild-caught salmon
- wild-caught cod

## Dairy and Non-Dairy

- unsweetened almond milk
- unsweetened Greek yogurt
- Kirkland organic whole milk
- Kerry Gold Irish butter
- Kirkland Grass Fed Butter
- Kerry Gold Irish Cheese
- Tillamook (block & snack size)
- Polly-o cheese sticks
- Babybel cheese
- President feta chunk cheese
- Cage free/pasture raised eggs

## Pantry Staples

- Kirkland chicken stock/bone broth
- Della organic brown basmati rice
- Kirkland organic quinoa
- Kirkland almond flour
- Orgain protein powder
- Kirkland organic peanut butter
- Gia Russa pitted black olives
- Kirkland Coconut Oil
- Olive oil (glass bottle)
- Kirkland balsamic vinegar
- Kirkland honey
- Kirkland maple syrup
- Kirkland bulk spices
- pure vanilla extract

## Snacks & Treats

*use personal discretion*

- Kirkland raw cashews/nuts
- Late July chips
- Lesser Evil popcorn
- Simple Mills almond crackers
- Harvest Snaps
- That's It Mini Fruit Bars
- Bear Fruit Rolls
- Organic apple sauce (cups & pouches)
- Orgain protein shakes
- RX Bars
- Larabars\*
- Inno Foods Coconut Keto Clusters \*

\*sweetened

