

# COSTCO AIP SHOPPING LIST

## Fresh Organic Produce

Cal-Organic Baby Carrots  
Organic Asparagus  
Earth Bound Organic Power Greens  
Earthbound Farm Organic Spring Mix  
Earthbound Farms Organic Spinach  
Organic Iceberg Lettuce  
Organic Living Lettuce  
Organic Sweet Potatoes  
Organic Whole Carrots  
Organic Spaghetti Squash  
Eat Smart Organic Brussels Sprouts  
Organic Celery  
Organic Cocktail Cucumbers  
Organic Anjou Pears  
Organic Bananas  
Organic Blackberries  
Organic Blueberries  
Organic Raspberries  
Organic Strawberries  
Organic Gala Apples  
Organic Gold Kiwi  
Organic Green Grapes  
Organic Mangoes  
Organic Ataulfo Mangos  
Organic Yellow Peaches

## Additional Produce

Baby Bok Choy  
Love Beets- Whole Red Cooked Beets  
WildBrine Organic Green Sauerkraut  
Cocktail Cucumbers  
Jumbo Artichokes  
Red Onions  
Yellow Onions  
Green Leaf Lettuce  
Romaine Heads  
Romaine Lettuce Hearts  
Whole Shiitake Mushrooms  
Zucchini

## Additional Produce Continued

Avocados  
Cantaloupe  
Honey Dew Melon  
Mini Seedless Watermelons  
Cara Cara Oranges  
Clementines  
Cosmic Crisp Apples  
Red Delicious Apples  
Fuji Apples  
Honeycrisp Apples  
Kiwis  
Lemons  
Limes  
Oranges  
Pomegranates  
Red Grapes  
Red Papaya  
Whole Pineapples

## Pre-Cut Fruits and Veggies

Coleslaw Mix  
Organic Broccoli Florets  
Sliced Mushrooms  
Diced Onions  
Ready Pac Chopped Romaine Lettuce  
Taylor Farms Cauliflower Florets  
Organic Butternut Squash Cubes  
Organic Broccoli Florets  
Fresh Pineapple Slices  
Plantains

## Juices/Drinks

POM Wonderful, 100% Pomegranate Juice  
Kirkland Signature Apple Juice

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## Fresh Meat/Poultry

Kirkland Signature Organic Ground Beef  
Kirkland Organic Chicken Thighs  
Kirkland Organic Chicken Drumsticks  
Kirkland Organic Boneless Skinless  
Chicken Breasts  
Kirkland Organic Whole Chicken

## Snacks

Made in Nature Organic Unsulfured  
Turkish Figs  
GoGo Squeeze Organic- Apple Apple,  
Apple Strawberry, Apple Banana, Apple  
Cinnamon  
Sunny Fruit Organic Dried Figs  
Sun-Maid Raisins  
Sun Date Organic Medjool Dates  
Kirkland Signature Organic Dried Mangoes  
Bare Apple Chips  
Barnana Pink Sea Salt Plantain Chips  
Jackson's Avocado Oil Sweet Potato Chips  
with Sea Salt

## Canned Seafood/Poultry

Kirkland Signature Wild Alaskan Pink Salmon  
Season Skinless & Boneless Sardines in Olive  
Oil  
Portofino Solid Yellowfin Tuna in Extra Virgin  
Olive Oil with Sea Salt  
Wild Planet Albacore Wild Tuna

## Teas

Kirkland Signature Green Tea Bags  
Stash Tea, Variety Pack- Peppermint,  
Camomile, Premium Green, English  
Breakfast, Earl Grey, \*also includes Chai  
Spice- this is the only one that's not  
compliant

## Baking

Kirkland Signature Organic Extra Virgin Olive Oil  
Marianne's Avocado Oil  
Kirkland Signature Organic Raw Honey  
Kirkland Signature Organic Pure Maple Syrup  
Kirkland Signature Wild Flower Honey  
Acetum Organic Apple Cider Vinegar  
Kirkland Signature Balsamic Vinegar  
Kirkland Signature Granulated California Garlic  
Kirkland Signature Chopped Onion  
Kirkland Signature Ground Saigon Cinnamon  
Kirkland Signature Pure Sea Salt  
Kirkland Signature Pink Salt, Grinder  
Arm & Hammer Pure Baking Soda

## Freezer

Kirkland Signature Chicken Breasts, Boneless Skinless  
Kirkland Signature Chicken Wings, First and Second  
Sections  
Kirkland Signature Lean Ground Beef  
Kirkland Signature Ground Beef Patties, 1/3 lb Patty  
Kirkland Signature Grass-Fed Beef Patties  
Kirkland Signature Wild Chilean Sea Bass  
Kirkland Signature Wild Alaskan Pacific Cod  
Kirkland Signature Chicken Tenderloins, Boneless  
Skinless  
Harvest of the Sea Seafood Medley  
Kirkland Signature Organic Normandy Vegetable Blend  
Organic Riced Cauliflower  
Kirkland Signature Organic Broccoli Florets  
Tio Jorge Yuca Cassava Chunks  
Kirkland Signature Frozen Strawberries  
Kirkland Signature Organic Blueberries  
Townsend Farms Organic Berry Supreme  
Kirkland Signature Organic Strawberries  
Kirkland Signature Three Berry Blend  
Columbia Fruit Organic Mango Chunks  
Golden Farms Pineapple Chunks  
Wyman's of Maine Wild Blueberries  
Smart Harvest Organic Sweet Dark Cherries  
New World Farms Organic Pineapple Chunks