

Sam's Club AIP Shopping List

Fresh Produce

Avocados
Kiwi Star Kiwi
Zespri Sungold Kiwi
Bananas
Peelz Mandarin Oranges
Cara Cara Oranges
California Oranges
Lemons
Watermelons
Driscoll's Blackberries
Family Tree Blueberries
Driscoll's Raspberries
Strawberries
Oppy Cherries
Green Grapes
Black Seedless Grapes
Red Seedless Grapes
Black Seedless Grapes
Limes
Mangos
Cantaloupe
Honeycrisp Apples
Ambrosia Gold Apples
Cosmic Crisp Apples
D'Anjou Pears
Apricots
Very Cherry Plums
Asparagus Spears
Brussels Sprouts
Baby Bella Mushrooms
White Mushrooms
Sunset Cucumbers
Fifth Generation Sweet Potatoes
Spice World Whole Garlic (unpeeled)
Iceberg Lettuce Heads
Artisan Sweet Red Onions
Bolthouse Organic Whole Carrots
Taylor Farms Broccoli Florets

Pre-Cut Produce

Taylor Farms Vegetable Medley
Celery Sticks
Del Monte Pineapple Chunks
Bolthouse Farms Organic Baby Carrots (3 lb)
Bunnylv Organic Baby Carrots
Spice World Fresh Peeled Garlic
Taylor Farms Tri-Color Coleslaw
Taylor Farms Garden Salad
Earthbound Farm Organic 50/50 Spinach
Spring Mix
Earthbound Farms Organic Spring Mix
Earthbound Farms Organic Spinach

Refrigerated Juice/Drinks

Synergy Gingerade Kombucha
POM Wonderful Juice
Bolthouse Farms Organic Carrot juice
Member's Mark 100% Orange Juice
Simply Orange Orange Juice

Shelf Stable Drinks

Spindrift- raspberry cranberry, grapefruit, lime, lemon
Perrier- double-check the label- make sure it only lists carbonated water.

Fresh Meat/Poultry

American Wagyu Ground Beef
Organic Grass-Fed Ground Beef
George's Farmers Market Chicken Breast Tenders- non-GMO, antibiotic-free, cage-free
Georges Farmers Market Chicken Breast Tenders

Fresh Seafood

Wild Caught Sockeye Salmon
Member's Mark Wild Caught Yellowfin Ahi Tuna

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Snacks

Natural Delights Medjool Dates

GoGo Squeeze Multi-Pack- Apple Strawberry, Apple Apple, Gimme 5, Apple Cinnamon

Member's Mark Fried Pork Rinds

That's It Bars: Apple/Apple, Apple/Banana

Canned Poultry/Seafood

Member's Mark Natural Canned Chicken in Water

Member's Mark Wild Caught Tuna in Water

Double "Q" Canned Pink Wild Caught Alaskan Salmon

Tea

Bigelow Premium Organic Green Tea

Freezer

Member's Mark Wild-Caught Mahi Mahi

Member's Mark Wild-Caught Snow Crab

Member's Mark Wild Caught Alaskan Salmon

Ocean Adventures Wild Caught Alaskan Cod

100% Pure Natural Ground Beef

Crumbles- not organic or grass-fed but no additives.

Member's Mark Catfish Fillets

Member's Mark Raw Jumbo Shrimp- *note farm-raised but no additives

Member's Mark North Atlantic Wild Caught Sea Scallops

Baking

Member's Mark 100% Pure Organic Maple Syrup
Fischer's Local South Easy Honey Raw and Unfiltered

Member's Mark Bee Pure Honey

Uncle Nate's Organic Raw Unfiltered Honey

Magnolia-Star Pure Vanilla Extract

Member's Mark Dried Cilantro

Member's Mark Bay Leaves

Member's Mark Garlic Powder

Member's Mark Chives

Member's Mark Minced Onions

Member's Mark Parsley Flakes

Member's Mark Ground Cinnamon

Member's Mark Oregano Leaves

Member's Mark Basil

Member's Mark Organic Granulated Onion

Member's Mark Sea Salt

Member's Mark Pink Himalayan Sea Salt Grinder

Member's Mark Mediterranean Sea Salt Grinder

Member's Mark Pink Himalayan Sea Salt (no grinder)

Member's Mark 100% Pure Olive Oil

Pompeian Extra Virgin Olive Oil

Member's Mark Extra Virgin Olive Oil

Olivari Avocado Oil

Member's Mark Organic Virgin Coconut Oil

Arm and Hammer Baking Soda

Freezer- Continued

Member's Mark Ground Sirloin Beef Patties- NOTE- the Member's Mark "Seasoned Ground Beef Patties" in the orange box are not compliant.

Member's Mark Organic Sliced Strawberries

Member's Mark Organic Blueberries

Member's Mark Mixed Fruit

Member's Mark Triple Berry Blend

Member's Mark Stream in Bag Broccoli Normandy

Member's Mark Stream in Bag Broccoli Florets