

AIP

COSTCO

Shopping List

This is a general list of AIP-compliant ingredients and products you may be able to find at your local COSTCO wholesale store. Shopping at COSTCO as a part of their membership program is a great way to save money on high-quality ingredients by purchasing in bulk. In addition to cooking ingredients, you can also grab some household products and kitchen tools for a deep discount.

NOTE: Not all products/brands may be available in your local store as stock is subject to season and supply demands. Make sure to check all ingredients for AIP legality as sometimes formulations change without notice.

Fresh Meat/Seafood:

- ☐ Grass-fed beef
- ☐ Grass-fed lamb
- ☐ Grass-fed bison
- ☐ Fresh wild-caught salmon
- ☐ Fresh wild ahi tuna
- ☐ Fresh crab meat
- ☐ Fresh shellfish
- ☐ Prosciutto

Frozen Meat/Seafood:

- ☐ Wild-caught sockeye salmon
- ☐ Wild-caught shrimp
- ☐ Wild-caught halibut
- ☐ Wild lobster
- ☐ Sea scallops
- ☐ Wild Alaskan cod

Frozen Produce:

- ☐ Organic blueberries
- ☐ Organic strawberries
- ☐ Organic sweet cherries
- ☐ Organic broccoli florets
- ☐ Organic riced cauliflower

Pantry:

- ☐ Kirkland wild Alaskan pink salmon
- ☐ Kirkland albacore tuna in water
- ☐ Season wild-caught sardines
- ☐ Nutiva extra-virgin organic coconut oil
- ☐ Kirkland Signature extra-virgin olive oil
- ☐ Gaea organic extra-virgin olive oil
- ☐ Chosen Foods avocado oil
- ☐ Marianne's avocado oil
- ☐ Kirkland Signature 100% organic maple syrup
- ☐ Kirkland Signature organic raw honey
- ☐ Made in Nature organic calimyrna figs
- ☐ Made in Nature organic deglet noor dates
- ☐ Made in Nature organic smyrna figs
- ☐ Made in Nature organic apricots
- ☐ Made in Nature organic mangoes
- ☐ Manitou organic coconut flour
- ☐ Kirkland organic apple-cider vinegar
- ☐ Kirkland Signature organic applesauce
- ☐ Sun-Maid organic dried raisins
- ☐ Bare banana chips

Produce:

- ☐ Earthbound Farm's romaine, spinach, or other lettuce mixes
- ☐ Organic seasonal berries (like strawberries, raspberries, blackberries, blueberries)
- ☐ Organic seasonal fruit (like apples, pears, oranges)
- ☐ Organic avocados
- ☐ Organic seasonal vegetables (like broccoli, cauliflower, kale)

Kitchen Tools:

- ☐ Instant Pot Nova Plus cooker
- ☐ Vitamix high-powered blender
- ☐ Blendtec high-powered blender
- ☐ Cuisinart 13-cup food processor
- ☐ Braun immersion blender
- ☐ Glass food storage containers (various brands)
- ☐ Stainless steel pots and pans (various brands)

Spices and Supplements:

- ☐ Sea salt
- ☐ Pink Himalayan Salt
- ☐ Vital Proteins Collagen Peptides

Probiotic foods:

- ☐ Lactofermented sauerkraut
- ☐ GT's organic kombucha
- ☐ Brew Dr kombucha

Beverages:

- ☐ Organic coconut water
- ☐ Spindrift sparkling water
- ☐ La croix sparkling water
- ☐ San Pellegrino sparkling water
- ☐ Suja green juice