

# Costco List Planner



[www.positivenutritionbc.ca](http://www.positivenutritionbc.ca)



## Fruits

- ☐ Berries (blueberries, raspberries, blackberries)
- ☐ Apples (organic options available)
- ☐ Bananas
- ☐ Citrus (oranges, mandarins)
- ☐ Grapes (seedless or organic)
- ☐ Avocados

## Vegetables

- ☐ Mixed salad greens or spinach
- ☐ Broccoli or cauliflower florets
- ☐ Sweet potatoes or yams
- ☐ Carrots (baby or whole)
- ☐ Bell peppers (rainbow pack)
- ☐ Cucumbers
- ☐ Cherry tomatoes

## Protein

- ☐ Kirkland Signature chicken breasts or thighs (fresh or frozen)
- ☐ Salmon fillets (fresh or frozen)
- ☐ Eggs (organic or free-run)
- ☐ Shrimp (raw, frozen)
- ☐ Canned tuna
- ☐ Canned chickpeas
- ☐ Edamame (frozen)

## Whole grains & Pantry staples

- ☐ Quinoa (organic)
- ☐ Rice ramen noodles & pasta
- ☐ Oats (steel-cut or rolled)
- ☐ Whole-wheat bread
- ☐ Whole-grain tortillas
- ☐ Olive or avocado oil (extra virgin)
- ☐ Nut butter (almond or peanut)
- ☐ Tomato sauce

## Snacks & Drinks

- |   |  |
|---|--|
| <input type="checkbox"/> Shitake mushroom crisps          | <input type="checkbox"/> Coffee grains               |
| <input type="checkbox"/> Hummus                           | <input type="checkbox"/> Matcha tea                  |
| <input type="checkbox"/> Dry figs or dates                | <input type="checkbox"/> Plant base milk or cow milk |
| <input type="checkbox"/> Nuts (walnuts, cashews, almonds) | <input type="checkbox"/> Roasted seaweed             |



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