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**My Costco Favs List**

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| Protein – Fresh, Frozen & Canned | |
| Chicken Raw – Coleman Organic | True Story Organic Chicken Sausages |
| Ground Turkey - Organic | High Plains 100% Bison Dogs Uncured |
| Teton Waters Ranch Beef Sausages & Hot Dogs | Kirkland Frozen Wild Sockey Salmon |
| Boulder Sausage – Breakfast & Chorizo | Wild Planet Albacore Tuna |
| Kirkland Canned Wild Alaskan Salmon | Kirkland Wild Caught Shrimp |
| Season Skinless & Boneless Sardines | Kirkland Organic Eggs |
| Kirkland Organic Hard-Boiled Eggs | Click or tap here to enter text. |
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| Produce – Fresh & Refrigerated Items | |
| Butternut Squash - Organic Pre-Cut | Mixed Salad Greens – Organic |
| Spinach – Organic | Mushrooms – Various Types |
| Sweet Potatoes – Organic | Various Types of Organic & Seasonal Produce |
| Wholly Guacamole – Organic | Click or tap here to enter text. |
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| Produce - Frozen | |
| Organic Fruit & Veggies – All varieties | Cauliflower Rice – Organic |
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| Grocery/Pantry Stapes | |
| Organic Chicken Broth | Organic Tomato Products |
| Olives | Organic Chicken Broth |
| Artichokes Hearts | Coconut Aminos – Wild Tree Farms |
| Salsa Organic - Kirkland | Almond Butter |
| Nuts – Almonds, Walnuts, Pecans… | Hemp Hearts |
| Thai Kitchen Coconut Milk | Organic Seaweed Packs |
| 100% Pure Maple Syrup | Oatmeal & Steel Cut Oats |
| Organic Raw Honey | Quinoa - Organic |
| Baking Soda | Golden Flaxseed Meal - Organic |
| Seasonings – Many are now organic | Chia Seed - Organic |
| Kerry Gold – Grass-Fed Butter | Coconut Flour - Organic |
| Silk Almond Milk - Unsweetened | Almond Flour - Organic |
| Oil – Coconut & Avocado | Cocoa Powder - Organic |
| Click or tap here to enter text. | Avocado Mayo |
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