

# Costco Brand Recommendations

Check out this list for some healthy brands and foods to pick up on your next shopping trip.

## **Dairy:**

Kirkland Signature 0% Plain Greek Yogurt  
Fage 2% Plain Greek Yogurt  
Chobani Less Sugar Greek Yogurt  
Oikos Triple Zero Greek Yogurt  
Siggi's (0-2%) Greek Yogurt  
Daisy Cottage Cheese (0-2%)  
Polly-O Low Fat String Cheese

## **Eggs:**

Kirkland Signature Cage Free Organic Eggs  
Kirkland Signature Cage Free Egg Whites  
Kirkland Signature 2-pack Hard Boiled Eggs

## **Meats:**

Amylu Chicken Sausage  
Amylu Chicken Burgers  
Kirkland Signature Organic Chicken (Whole, Breast)  
Kirkland Signature Grass Fed Beef  
Kevin's Natural Foods

## **Breads/Wraps:**

Dave's Killer Bread  
Mission Carb Smart Tortillas  
Folio's Cheese Wraps  
Crepini Egg Thins Wraps  
Real Coconut Wraps  
Outer Aisle Cauliflower Thins

## **Frozen Vegetables:**

Tattooed Chef Organic Greens 5  
Kirkland Signature Stir Fry Vegetable Blend  
Kirkland Signature Organic Zoodles  
Kirkland Signature Cauliflower Rice  
Kirkland Signature Broccoli  
Imperial Organic Garden Edamame  
Nature's Intent Sensible Noodles

## **Frozen Fruits:**

Kirkland Signature Three Berry Blend  
Kirkland Signature Organic Cherries  
Kirkland Signature Wild Frozen Blueberries

## **Frozen Proteins:**

Kirkland Signature Wild Alaskan Pink Salmon  
Trident Seafoods Frozen Alaskan Salmon Burgers  
Kirkland Signature Mahi- Mahi, Cod, Sockeye Salmon, Halibut, Seabass  
Kirkland Signature Frozen Shrimp

## **Protein Bars/Shakes:**

Kirkland Signature Protein Bars  
RX Bars  
Simply Protein Bars  
Orgain Organic Protein Powder  
Orgain Clean Protein Shakes  
Orgain Organic Protein Powder  
Orgain Simple Protein Powder  
Orgain Keto Collagen Peptides  
Vital Proteins Collagen Peptides  
FairLife Nutrition Plan Shakes  
FairLife Core Power Shakes

## **Dips/Spreads:**

Kirkland Signature Organic Hummus  
Kirkland Signature Organic Guacamole Cups  
Wholly Guacamole Classic Guacamole Mini Cups

## **Nuts/Seeds:**

Kirkland Nuts (Almonds, Walnuts, Pistachios and More)  
Manitoba Harvest Organic Hemp Hearts  
Kirkland Organic Hemp Hearts  
Nature's Intent Organic Chia Seeds  
Sprouted Pumpkin Seeds

**Beverages:**

Kirkland Signature Unsweetened Organic  
Almond Milk (Regular and Vanilla)  
Kirkland Signature Flavored Seltzer

**Pantry Items:**

Kirkland Brand Peanut Butter, Almond Butter, Mixed Nut  
Butter Kirkland Brand Avocado Oil, Olive Oil, Coconut Oil  
Chosen Foods Avocado Oil Spray  
Kirkland Signature Organic Chicken Stock  
Kirkland Signature Brand Herbs, Spices, Vanilla Extract  
Kirkland Signature Almond Flour  
Earthly Choice Cauliflower Rice  
Wild Planet Tuna/Salmon  
Safe Catch Wild Ahi Tuna Packets  
Canned Beans  
Canned Coconut Milk  
Raos Tomato Sauce  
Simple Mills Almond Flour Crackers  
Mary's Gone Crackers  
Whisps Parmesan Cheese Crisps  
Good Bean Roasted Chickpeas  
Seeds of Change 90 Second Brown Rice/Quinoa Blend  
Kirkland Brand Organic Quinoa  
Banza Chickpea Pasta  
Explore Black Bean Spaghetti  
Catalina Crunch Cereal  
NuTrail Keto Granola