

COSTCO KETO FOODS

SHOPPING LIST

PRODUCE

	SERVING SIZE	NET CARBS/ SERVING
Ginger Root	2 - 1" Slices	1g
Garlic	1 Clove	1g
Romaine Hearts	3 oz	1g
Organic Spring Mix	3 oz	1g
Celery Sticks	1/2 Cup	1.5g
Cauliflower Florets	1/2 Cup	1.5g
Cucumbers	1/2 Cup	1.5g
Broccoli Florets	3 oz	2g
Green Beans	1/2 Cup	2g
Asparagus	3 oz	2g
Brussel Sprouts	1/2 Cup	2.5g
White Mushrooms	1 Cup	2.5g
Tomatoes	3 oz	2.5g
Crimini Mushrooms	3 oz	3g
Organic Power Greens	3 oz	3g
Sugar Snap Peas	1/2 Cup	3.7g
Bell Peppers	1/2 Cup	3.8g
Squash	3.5 oz	3.8g
Mini Peppers	1/2 Cup	3.8g
Red Onion	1/4 Cup	3.8g

FRUITS

Avocados	1 Med	2.7g
Blackberries	1/2 Cup	3.3g
Raspberries	1/2 Cup	4.1g
Strawberries	1/2 Cup	4.3g

MEATS AND SEAFOOD

Beef - Ground Beef, Steaks, Roasts (All Cuts)	4 oz	0g
Chicken - Breast, Thighs, Wings, Drumsticks, Whole	4 oz	0g
Ground Bison	4 oz	0g
Ground Turkey	4 oz	0g
Lamb (Frenched, Roast, Leg)	4 oz	0g
Pork - Chops, Loin, Butt, Ribs (All Cuts)	4 oz	0g
Salmon - Sockeye and Atlantic	4 oz	0g
All Fish - Tilapia, Steelhead, Cod, Catfish, Halibut	4 oz	0g
Shellfish - Lobster Tails, Scallops, Shrimp, Crab Legs	4 oz	<2g

REFRIGERATION AREA

Kirkland Signature Oven Browned Turkey Breast	2 oz	0g
Italian Meats and Mozzarella Cheese Sticks	1 oz	0g
Greenridge Farm Beef Snack Stick	1 Stick	0g

SERVING SIZE NET CARBS/ SERVING

Teton Waters Ranch	1 Link	<1g
Grass-Fed Beef Polish Sausage		
AmyLu Chicken Breakfast Links	3 Links	<1g
Sabatino's Basil Chicken Sausage	1 Link	1g
Kiobassa Beef Smoked Sausage	2 oz	1g
Grilled Chicken Breast Strips	3 oz	1g
AmyLu Andouille Sausage	1 Link	1g
Grass Fed Beef Sliced Sirloin	3 oz	1g
Kirkland Signature Smoked Pulled Pork	3 oz	1g
Meat and Cheese Snacking Trays (Various Brands)	1 Tray	1g
Kibun Healthy Noodle	4 oz	1g
Canadian Bacon	2 oz	1g
Kimchi	1 oz	2g
Cauliflower Thins	2 Pieces	2g
Cheese and Bacon Egg Bites	1 Package	2g
Kirkland Signature Smoked Salmon	2 oz	2g
SauerKraut	2 Tbsp	2g
Kirkland Signature Bratwurst	1 Link	3g
Aidell's Chicken and Apple Sausage	1 Link	3g
Chicken Breast Bites	1 Pouch	3g
AmyLu Chicken Burgers	1 Patty	3g
Kirkland Signature Beef Pot Roast	5 oz	4g
Kevin's Paleo Meals (Select Flavors)	5 oz	4g

DELI MEATS

Kirkland Signature Sliced Turkey	2 oz	0g
Prosciutto Di Parma	2 Slices	0g
Kirkland Signature Uncured Black Forest Ham	2 oz	1g
Kirkland Signature Roast Beef	2 oz	1g
Columbus Dry Italian Salami	1 oz	2g

DIPS & SPREADS

Bitchin Sauce	2 Tbsp	.5g
Pimento Cheese	2 Tbsp	1g
White Queso	2 Tbsp	1g
Kirkland Signature Guacamole Cups	1 Mini Cup	2g
La Terra Fina Artichoke Jalapeno Dip	2 Tbsp	2g
La Terra Fina Spinach Artichoke	2 Tbsp	2g
Parmesan Dip		
Wholly Guacamole	2 Tbsp	2g
Hannah Roasted Pepper Hommus	2 Tbsp	3g
Kirkland Signature Roasted Pine Nut Hummus	2 Tbsp	3g
Rojo Sweet Corn Dip	2 Tbsp	3g

PREPARED MEALS

SERVING SIZE NET CARBS/
SERVING

Salmon Milano w/Basil Pesto Butter	4 oz	0g
Rotisserie Chicken	3 oz	0g
Hand Pulled Rotisserie Chicken Breast Meat	3 oz	0g
Shrimp Cocktail (No Sauce)	3 oz	1g
Seasoned Ribs (Both Cooked and Uncooked)	4 oz	2g
Tuscan Pork Tenderloin	3.25 oz	2g
Chicken Salad	3.5 oz	2g
Poke (Various Flavors)	4 oz	3g
Garlic Pepper Drumsticks (Uncooked)	18 oz	3g
Shrimp Ceviche	4 oz	3g
Cilantro Lime Shrimp	3.8 oz	4g

DAIRY & EGGS

SERVING SIZE NET CARBS/
SERVING

Babybel Snacking Cheese	1 Piece	0g
Kirkland Signature Eggs	1 Egg	0g
Heavy Cream	1 Tbsp	0g
String Cheese	1 Stick	0g
Kirkland Signature Hard Boiled Eggs	1 Egg	0g
Kirkland Signature Egg Whites	3 Tbsp	0g
Kirkland Signature Grass-Fed Butter	1 Tbsp	0g
Kerry Gold Pure Irish Butter	1 Tbsp	0g
Cheese (Soft & Hard - Most Kinds)	1 oz	<1g
Sour Cream	2 Tbsp	1g
Tillamook Snacking Cheese	1 Piece	1g
Sliced Cheese (Any Kind)	1 Slice	1g
Kirkland Signature Goat Cheese	1 oz	1g
Kirkland Shredded Cheese (Any Kind)	1 oz	<2g
Cream Cheese	1 oz	2g
Kirkland Signature Greek Yogurt	1/2 Cup	5g
Siggil's Keto Krunch Yogurt	1 Cup	5g

DRINKS AND BEVERAGES

Coffee (Ground and Whole Beans)	1 Cup	0g
Diet Soda	1 Can	0g
Kirkland Signature Alkaline Water	1 Bottle	0g
Topo Chico Mineral Water	1 Bottle	0g
Hint Flavored Water	1 Bottle	0g
S. Pellegrino Sparkling Water	1 Bottle	0g
Kirkland Signature Mineral Water	1 Bottle	0g
Vitamin Water Zero	1 Bottle	0g
Celsius Live Fit	1 Can	0g
Kirkland Signature Almond Beverage Vanilla	1 Cup	0g
Kirkland Signature Almond Beverage Unsweetened	1 Cup	0g
Kirkland Signature Organic Matcha Green Tea	1 Tea Bag	0g
Ito En Green Tea	1 Bottle	0g
La Croix Sparkling Water	1 Can	0g
Spindrift Sparkling Water	1 Can	1g
Waterloo Sparkling Water	1 Can	1g
Kirkland Signature Sparkling Water	1 Can	1g
Bai Antioxidant Infusion	1 Bottle	1g
Redbull Sugar Free and Monster Zero	1 Can	2g
Gatorade Zero	1 Bottle	2g
Body Armor Lyte	1 Bottle	2g
Kirkland Signature Cold Brew	1 Can	2g

FROZEN FOOD AISLES

Whole Duck	4 oz	0g
Frozen Chicken Wings, Breast, Tenderloins	4 oz	0g
Kirkland Signature Frozen Hamburger Patties	1 Patty	0g
Frozen Fish (Salmon, Mahi Mahi, Barramundi)	4 oz	0g
Kirkland Signature Frozen Shrimp	3 oz	0g
Kirkland Signature Bacon	2 Slices	0g
Columbus Turkey Bacon	1 oz	0g
Tyson Blackened Chicken Strips	3 oz	1g
Kirkland Signature Hot Dog	1 Weiner	2g
Hebrew/Ball Park Hot Dogs	1 Weiner	2g
Columbus Seasoned Turkey Burger	1 Patty	2g
Trident Salmon Burger Patties	1 Patty	2g
Kirkland Signature Broccoli Florets	3 oz	2g
Kirkland Signature Organic Normandy Vegetables	1/2 Cup	2g
Kirkland Signature Green Beans	1/2 Cup	2g
Kirkland Signature Vegetable Stir Fry Blend	1/2 Cup	2g
Riced Cauliflower	1 Cup	2g
Keto Pint Ice Cream	1 Bar	2g
Seapak Garlic Butter Shrimp	8 Shrimp	3g
Egg'wich	1 Sandwich	3g
Kirkland Signature Dinner Franks	1 Weiner	4g
Kirkland Signature Italian Meatballs	5 Meatballs	4g
Fire Roasted Primavera Mistura	2/3 Cup	4g

NON-PERISHABLES

	SERVING SIZE	NET CARBS/ SERVING
Kirkland Signature Canned Chicken	2 oz	0g
Seasoned Canned Sardines	1 can	0g
Kirkland Signature Canned Salmon	1/3 Cup	0g
Kirkland Signature Albacore Tuna	1 Can	0g
Canned Tuna (Any Brand)	1 Can	0g
Kirkland Signature Chicken Bone Broth	8 oz	0g
Kirkland Signature Seaweed	3.4g	0g
Kirkland Signature Bacon Crumbles	1 Tbsp	0g
Kirkland Signature Canned Roast Beef	2 oz	0g
Kirkland Signature Chicken Stock	1 Cup	0g
Grated Parmesan Cheese	2 Tbsp	0g
Hormel Pepperoni	1 oz	0g
Kirkland Signature Apple Cider Vinegar	1 Tbsp	0g
Erythritol and Monk Fruit	2 Tbsp	0g
Kosher Dill Pickles	1 oz	<1g
Kirkland Signature Spanish Queen Olives	2 Olives	<1g
Cocoa Powder	1 Tbsp	1g
Spam	2 oz	1g
Sola Keto Bread	1 Slice	1g
Kirkland Signature Minced Garlic	1 Tbsp	1g
Kirkland Signature Artichoke Hearts	2 Pieces	1g
Chia Seeds	3 Tbsp	2g
Canned Green Beans	1/2 Cup	2g
Kirkland Signature Almond Flour	1/4 Cup	2g
NuTrail Keto Granola	1/3 Cup	3g
Victoria's Marinara Sauce	1/2 Cup	4g
Mission Carb Balance Tortilla	1 Tortilla	4g
PBfit Peanut Butter Powder	2 Tbsp	4g
Kirkland Signature Peanut Butter	2 Tbsp	4g
Kirkland Signature Almond Butter	2 Tbsp	5g
Rao's Marinara Sauce	1/2 Cup	5g
Catalina Crunch Cereal	1/2 Cup	5g

HEALTH AND NUTRITION

Vital Protein Collagen Peptides	4 Tbsp	0g
Optimum Nutrition Amino Energy	2 Scoops	1g
Premier Protein Protein Shake	1 Bottle	2g
Muscle Milk Genuine	1 Bottle	2g
Optimum Nutrition Gold Standard Protein	1 Scoop	2g
Fairlife Nutrition Plan Protein Shakes	1 Bottle	3g

FATS & OILS

	SERVING SIZE	NET CARBS/ SERVING
Chosen Foods Avocado Oil	1 Tbsp	0g
Kirkland Signature Extra Virgin Olive Oil	1 Tbsp	0g
Kirkland Signature Coconut Oil	1 Tbsp	0g
Tin Star Foods Grassfed Ghee	1 Tbsp	0g
Chosen Foods Avocado Oil Spray	1/4 Second Spray	0g
Kirkland Signature Pure Olive Oil	1 Tbsp	0g
MCT Oil	1 Tbsp	0g

CONDIMENTS AND SAUCES

Primal Kitchen Mayo	1 Tbsp	0g
Hellsman Mayo	1 Tbsp	0g
Primal Kitchen Buffalo Sauce	1 Tbsp	1g
Kikkoman Soy Sauce	1 Tbsp	1g
Kirkland Signature Salsa	2 Tbsp	2g
505 Green Chiles	2 Tbsp	2g

NUTS AND SNACKS

Flax Seeds	2 Tbsp	0g
Chomps Beef Stick	1 Stick	0g
Archer Grass Fed Mini Beef Sticks	1 Piece	0g
4505 Chicharrones Pork Rinds	1/2 oz	1g
Cheese Whisps	1 oz	1g
Hemp Seeds	2 Tbsp	1g
Pumpkin Seeds	1/4 Cup	1g
Jack Beef Stick & Cheddar Combo	1 Package	1g
Highkey Mini Cookies	7 Cookies	1g
Kirkland Signature Brazil Nuts	1 oz	2g
Kirkland Signature Almonds	1 oz	2g
Kirkland Signature Dry Roasted Macadamia Nuts	1/4 Cup	2g
Kirkland Signature Pecan Halves	1/4 Cup	2g
Hilo Keto Chips	1 oz	3g
Inno Foods Almond Pecan Clusters	1 oz	4g
InnoFoods Dark Chocolate Nuggets	1 oz	4g