

Costco

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- | Protein/Fat | Meat |
|-------------------------------|-------------------|
| - String Cheese | - Ground Beef |
| - Tillamook Colby Jack Cheese | - Pork Chops |
| - Nuts | - Whole Chicken |
| - Tilapia | - Chicken breasts |
| - Organic Eggs | - Chicken nuggets |
| - Butter | - Bacon |
| - Peanut Butter | - Bacon bits |
| - Mixed Nut Butter | |
| - Almond Butter | |
| - Premier Protein Shakes | |
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- | Fresh Produce | Can Produce |
|-------------------------------|----------------------|
| - Bell Peppers | - Canned Green Beans |
| - Snap Peas | - Canned Corn |
| - Baby Squash | - Canned Tomatoes |
| - Mushrooms | - Tomato Paste |
| - Cucumbers | |
| - French Green beans | |
| - Blueberries | |
| - Black Berries | |
| - Strawberries | |
| - Onions | |
| - Sweet potatoes | |
| - Mixed gold and red potatoes | |