

Sarah's Costco Staples

Here are some staple items I always have on hand:

PANTRY

- Organic Chia seeds
- Almond Flour (you'll see in the video that I wanted to show you this flour, but they didn't have any the day I was there, and they were looking to change brands—stay tuned for another Costco trip I'll go on as a follow up. In the meantime, you can find almond flour in bulk—try Bulk Barn—or in bags at grocery and Health Food stores)
- Organic Steel Cut Oats
- Organic gluten-free penne (Ancient grain)
- Organic Quinoa
- Hemp Hearts
- Cinnamon
- Kirkland Organic No Salt Seasoning
- Mary's Crackers (organic)
- Raw almonds
- Raw walnuts
- Raw pecans
- Canned salmon and tuna
- Organic Virgin Coconut oil
- Organic Olive Oil
- Avocado Oil
- Balsamic Vinegar
- Dijon Mustard
- Maple syrup
- Almond Butter
- Medjool dates

MEAT

- Organic Whole Chickens
- Organic salmon
- Organic beef (when available)

PRODUCE

See the [Environmental Working group's List of the 48 vegetables with pesticide residue](#).

- Organic greens (based on availability)
- Brussels sprouts/Asparagus/Zucchini etc... (although I always prefer organic, if I need a green veggie, I'll go for it. Just wash it well in a vinegar/water solution or a veggie wash)
- Avocados
- Pineapple
- Sweet potatoes
- Onions/Shallots

FREEZER

- Moov "no pesticide" frozen blueberries
- Organic frozen blackberries
- Organic frozen cherries
- Organic frozen berry blend (cherries, strawberries, blackberries, blueberries)

MISCELLANEOUS

- Parchment Paper (the best price anywhere!)
- Ziploc Bags