

The Shop Healthy at Costco Grocery List by No Easy Feet

Eating healthy has everything to do with your shopping list. But you don't necessarily need to shop at high-end health food stores to eat healthy. In fact, as a trainer and fitness coach that likes to live frugally, Costco is my go-to store for healthy and affordable shopping.

My trainees frequently ask about my favorite Costco items, so I thought I would share this comprehensive list. But this is more than just shopping list; it's a nutritional system that won't break the bank. With this system, I get 15 days of fresh food and 15 days of frozen and shelf-stable staples, which keeps me focused, less stressed, and away from mindless snacking.

If you're ready to simplify your nutrition and take the guesswork out of meal planning, this is a great place to start. Let me show you how it works!

System Benefits

• This is the backbone of my nutrition (90% of what goes into my body each month)

• It provides me with 15 days of fresh food and 15 days of shelf stable and frozen food

• It prevents unnecessary trips to the store every week

• It prevents unnecessary stress

• It prevents unnecessary snacking and overeating from too much packaged food

Proteins

- Organic Chicken Breast and Thighs
- Frozen Beef Patties / Fresh Ground Beef (85-90% lean)
- Fresh Steaks
- Frozen Whitefish
- Fresh/Frozen Salmon
- Eggs / Egg Whites
- Turkey
- Seeds
- Nuts
- Banza Pasta
- Canned Tuna

- Canned Sardines

Carbs

- Rice
- Potatoes
- Beans
- Corn Tortillas
- Popcorn Kernels for Air Popper

Vegetables

- Fresh Greens
- Frozen Broccoli
- Frozen Mixed Vegetables

Fruits

- Berries
- Citrus
- Pineapple
- Melon
- Apples
- Grapes
- Tomatoes

Miscellaneous

- Avocado Oil
- Marinara
- Olives
- Olive Oil
- Sugar Free Electrolytes
- Fresh Ginger
- Collagen Peptides