

KETO FOODS AT COSTCO & SAM'S CLUB

SNACKS & NUTS

COSTCO

- The Extreme Bean Spicy Pickled Beans 33.8oz \$3.97
- Cello Parmesan Cheese Whisps 9.5oz \$11.99
- Duke's Original Smoked Shorty Sausages 16oz \$11.59
- Kirkland Signature Organic Roasted Seaweed Snack 10pk \$8.79
- Kirkland Signature Macadamia Nuts 1.5lbs \$16.99
- Kirkland Signature Dry Roasted Almonds 40oz \$10.99
- Kirkland Signature Organic Pine Nuts 1.5lbs \$23.69
- Kirkland Signature Organic Creamy Almond Butter 27oz \$11.99
- Kirkland Signature Organic Peanut Butter 28oz, 2ct \$9.99

SAM'S CLUB

- Member's Mark Parmesan Crisps 9.5oz \$9.76
- Members Mark Organic Pine Nuts 16oz \$15.98
- Jack Link's Premium Cuts Beef Steak 12pk \$12.98
- Member's Mark Creamy Almond Butter 24oz \$9.98
- Member's Mark Natural No Stir Creamy Peanut Butter Spread 40oz, 2ct \$8.98
- Member's Mark Natural Whole Almonds 3lbs \$13.98
- Member's Mark Dry Roasted California Almonds 40oz \$11.58

BAKING/CONDIMENTS

COSTCO

- Primal Kitchen Real Mayonnaise with Avocado Oil 24oz \$9.99
- Chosen Foods 100% Pure Avocado Oil 33.8oz \$9.99
- Chosen Foods 100% Pure Avocado Oil Spray 4.7oz, 2pk \$6.39
- Kirkland Signature Organic Virgin Coconut Oil 84oz \$16.99
- Kirkland Signature California Superfine Blanched Almond Flour 3lbs \$16.99
- Hellmann's Real Mayonnaise 64oz \$6.99
- Kirkland Signature Extra Virgin Olive Oil 2L \$12.99
- Kirkland Signature Himalayan Pink Salt \$3.99 (13oz) or \$6.69 (80oz)
- Frank's RedHot Sauce 23oz, 2pk \$5.69

SAM'S CLUB

- Member's Mark Organic Virgin Coconut Oil 56oz \$14.98
- Member's Mark Organic Extra Virgin Olive Oil 68oz \$14.98
- Member's Mark Himalayan Pink Salt \$3.98 (10.58oz) or \$9.98 (38oz)
- Hellmann's Real Mayonnaise 36oz, 2pk \$8.88
- Bob's Red Mill Super-Fine Almond Flour 48oz \$13.98
- Frank's RedHot Sauce 25oz, 2pk \$6.74

*OTHER CONDIMENTS TO LOOK FOR: All spices and herbs, bone broths, mustard, dill pickles, etc.

MEATS

COSTCO

- Trident Seafoods Wild Alaskan Smoked Sockeye Salmon 20oz (not refrigerated) \$18.99
- Kirkland Signature Albacore Solid White Tuna in Water Cans 7oz, 8pk \$12.99
- Kirkland Signature Premium Chunk Chicken Breast Cans 12.5oz, 6pk \$9.99
- Klement's Beef Summer Sausage 48oz \$10.99
- Kirkland Signature Fresh Young Chicken ~99¢/lb
- Rotisserie Chicken 3lbs \$4.99
- Kirkland Signature Thick Sliced Bacon 3lbs \$13.49
- Kirkland Signature Boneless Skinless Chicken Breast Fillets (price may vary)
- Kirkland Signature 85/15 Organic Ground Beef 4lbs \$19.99

SAM'S CLUB

- Sadler's Smokehouse Seasoned Sliced Beef Brisket 2.5lb \$21.98
- Wright Brand Thicker Cut Pecan Wood Bacon 4lbs \$17.98
- Member's Mark Chunk Light Tuna 5oz, 12pk \$8.24
- Member's Mark Premium Natural Chunk Chicken Breast 12.5oz cans, 6pk \$9.98
- Rotisserie Chicken 3lbs \$4.98
- Member's Mark Restaurant Style Bacon 10lbs \$34.18
- Member's Mark Naturally Hickory Smoked Bacon 3lbs \$10.48
- Hormel Black Label Fully Cooked Original Bacon 9.5oz \$11.98
- Hormel Original Pepperoni 2lbs Value Pack \$9.52
- Ground Beef Chuck 80/20 (4-10lbs) ~\$3.04/lb
- Member's Mark Hard Salami 22oz (price may vary)
- *OTHER MEATS TO LOOK FOR: Pulled pork, Sausage patties & links, Pastrami, Steaks, Filet Mignon, Deli Meat with no additives, AND more!



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CHEESE / DAIRY

COSTCO

- Kerrygold Pure Irish Butter 1.5lb \$8.99
- Raskas Cream Cheese Block 3lb \$6.49
- Kirkland Signature Shredded Cheddar Jack Cheese 2.5lbs, 2pk \$11.79
- Mini Babybel individual cheeses 0.75oz, 32pk \$10.99
- cheese)
- Frigo Cheese Heads String Cheese 1oz sticks, 60pk
- Horizon Organic Heavy Whipping Cream 64oz \$9.49
- Kirkland Signature Cage Free AA Large Eggs, 24pk \$3.79

SAM'S CLUB

- Land O' Lakes Heavy Whipping Cream 1qt \$4.58
- Philadelphia Cream Cheese 8oz, 6pk \$10.98
- Member's Mark Exceptional Quality Cream Cheese Brick 3lbs \$6.98
- Member's Mark Mild Fancy Shredded Cheese 5lbs \$12.28
- Member's Mark Salted Organic Butter 16oz, 2pk \$8.98
- Mini Babybel individual cheeses 0.75oz, 26ct \$8.98
- Frigo Cheese Heads String Cheese 1oz sticks, 48pk \$8.98
- The Happy Egg Co. Organic Large Brown Grade A Eggs, 18ct \$5.28

*OTHER CHEESES TO LOOK FOR: LOTS of gourmet & specialty cheeses, variety pack cheeses, cheese blocks, AND more!

FROZEN

COSTCO

- King & Prince Seafood Bacon Wrapped Stuffed Shrimp 32oz \$25.99
- Orca Bay Keta Salmon Fillets 10oz \$24.39
- Kirkland Signature Cooked/Uncooked Shrimp 2lbs \$15.99
- Kirkland Signature Farmed Atlantic Salmon Fillets, Boneless Skinless, 3lbs \$25.99
- Kirkland Signature Boneless Chicken Uncooked Chicken Breasts 6.5lbs \$16.99

SAM'S CLUB

- Member's Mark Frozen Ground Angus Beef Patties (1/3 lb patties, 18ct) \$18.98
- Daily Chef 31-40 Cooked or Uncooked Jumbo Shrimp 2lbs \$14.98
- Member's Mark Atlantic Salmon Fillet Portions 3lbs \$25.98
- Daily Chef Boneless Skinless Chicken Breast with Rib Meat 6lbs \$12.98

DRINKS / MIXES

COSTCO OR SAM'S CLUB

- Zipfizz B12 Energy Drink Mix 30ct \$27.99 (Costco) or 20ct \$19.98 (Sam's)
- Premier Protein 11oz High Protein Shakes, 18pk \$24.88 (Costco) or 12pk \$16.66 (Sam's)
- 1 shake)
- Bottled Water \$2.99 (Costco) or \$3.98 (Sam's)
- Topo Chico Mineral Water 12oz bottles (price may vary)
- Black Coffee & Teas (price will vary by preference)

FRUITS & VEGETABLES

COSTCO OR SAM'S CLUB

*Prices on fresh produce will vary by warehouse and region

- Avocados
- Asparagus
- Celery Stalks
- Cucumbers
- Kale
- Leafy Greens (Lettuce, Spinach, Chives, Endives, etc.)
- Radishes
- Zucchini & Summer Squash

*EAT OCCASIONALLY: Cantaloupes, watermelon, berries (strawberries, blueberries, raspberries, blackberries, cranberries etc.), coconut, olives, rhubarb, okra, tomatoes, peppers, mushrooms, cabbage, cauliflower, broccoli, Brussels sprouts, turnips, onions, pumpkins, etc.

*AVOID: Pineapples, mangoes, papayas, peaches, nectarines, kiwis, oranges, cherries, plums, figs, pears, apples, grapefruits, dates, grapes, bananas, carrots, yams, potatoes, root vegetables, etc.

