

The Ultimate Guide On

# How To Shop Healthy At



# Introduction

Costco is such an amazing place! I highly encourage all of my clients to invest in a Costco membership and utilize the items in this guide. Doing so will save you money and time. It will also help you to pick out the best items that are free of harmful ingredients, since I have already laid the groundwork for you.

This is not an all inclusive list. Costco changes their products often and some of these may not be available in certain locations. The prices may also vary as they can change seasonally and year over year. However, I hope that this will serve as a starting point and help you to explore your local Costco to find these or similar items that fit the parameters that we have learned about together.

Best of luck shopping!  
~ Cassidy

# Fresh Foods

## Organic Dates



Dates are a daily staple in my house. They are one of the only sweeteners we use. They can be used in smoothies, baked goods, and in cookies and other desserts. They are also great to just be eaten plain, as studies show they are a great post-workout snack and great for quick energy. They can also alleviate anemia and play an important role in relieving digestive disorders.

\$11.99 for 2 lbs or \$5.99/lb

## Onions



Onions are an important tool in a healthy plant based diet. Because you will want to greatly decrease your use of salt and other preservative-filled flavors, you will want to find natural flavorings to add to your dishes. Onions are the perfect choice and can be easily cooked without oil. Onions boost immunity and are a powerful treatment with both cancer and diabetes. They are also high anti-inflammatory properties, so they can help with a number of other conditions.

\$5.49 for 10 lbs or \$0.59/lb

# Fresh Foods

## Continued

### Garlic



Garlic is another great natural flavoring that can and should be used often in your plant based dishes. It is an amazing immunity booster and studies have shown it reduces colds by 63%. It is also high in magnesium, Vitamin B6, and selenium, so you are getting lots of great nutrients as well. It is great in nearly any form, so feel free to use it in a paste, chopped, boiled, baked, etc.

\$4.99 for 2 lbs or \$2.49/lb

### Organic Power Greens



Greens are another item that consistently make it on the dirty dozen list. They soak in the pesticides and herbicides sprayed on them and then no matter how good you wash it, you will be eating many of those harmful sprays. For this reason, you will always want to buy organic. I love this green mix because it contains kale, chard, and spinach! You can add it to your morning smoothie, any rice bowl, in a fruit bowl, as a salad base and much more. Utilize these greens because they may be one of the biggest protectors against cardiovascular disease. They are very alkalizing, which can help neutralize acid pH's often found in our bodies.

\$4.99 for 1.5 lbs or \$3.33/lb

# Fresh Foods

## Continued

### Organic Mushrooms



\$4.99 for 24 oz. or \$3.33/lb

Though mushrooms are low in calories, they are high in nutrients. This makes them great candidates to add to soups, bowls, vegetable dishes, tofu dishes, and more. They are extremely high in selenium, which is the perfect food for thyroid, cancer, and heart diseases. Studies have also shown that they lower cholesterol and improve bone health. But perhaps the best reason to add in mushrooms is that it helps with nutrient absorption of many other foods, and is one of the few food items that naturally contains Vitamin D.

### Broccoli



\$5.49 for 3 lbs or \$1.83/lb

Broccoli is one of the greatest miracle foods that we have! We should aim to get a little bit of broccoli every single day. Don't be afraid to throw a little bit in your smoothie either! Broccoli is rich with so many nutrients and phytonutrients, that you can't go wrong. It has been shown to alter DNA to protect and restore health, it can also reduce existing tumors by up to 75%. So buy two bags ;)

# Fresh Foods

## Continued

### Carrots



\$6.49 for 10 lbs or \$0.65/lb

Carrots are such an amazing price at Costco. Throw them in the fridge and they will keep for a long time. They not only help eyesight, but they also contain carotenoids which lower blood pressure and can help with insulin resistance. They are low in calories, but incredibly high in nutrients. So buy the big bag and use them up whenever you can. Try to get at least one carrot in per day. You will notice the difference.

### Pineapple



\$2.99/pineapple

There are pretty good sales that you can find on Pineapples, but overall this is a great price. Pineapple is a great fruit to have on hand because it is a perfect addition to a fruit salad or smoothie. It is also a great snack and fairly high in calories. Pineapples are rich in antioxidants and boosts immunity. What many may not know is that it can help to reduce arthritic pain. Don't worry about picking a ripe one, it's nearly impossible. Just grab one or two and let them sit on the counter for a week or so.

# Fresh Foods

## Continued

### Brussel Sprouts



\$5.99 for 2 lbs or \$2.99/lb

Brussels sprouts might as well be named magical vegetable! They have tons of vitamin K and can protect our DNA against cancer cells. They can also neutralize free radicals in the body. Many people do not like them, but seasoned well and sautéed, slow cooked, raw, or baked, you can add them into other dishes with little fuss.

### Sweet Potato



Potatoes are one of the items on the dirty dozen list consistently. Because of this it is important to buy them organic whenever possible. These large bags are perfect to keep in your pantry and boil, steam, sauté, or bake with any meal. They are easy to digest, which makes them the perfect starch to add as a staple in the diet. The beta-carotenes and anthocyanins contained in them help to reduce inflammation. Studies have shown that they are the ideal food for asthma and bronchitis patients. Just don't peel the skins—that's where most of the nutrients are!

# Refrigerated Foods

## Organic Sauerkraut



\$7.99/50 oz or \$0.16/oz

Sauerkraut is cabbage and spices that have been fermented in vinegar. However, most sauerkrauts contain citric acid and other preservatives that we want to avoid. This brand is a great value and amazing quality. Having a spoonful a day is a powerful probiotic that aids in digestion. The natural probiotic is so important and is the easiest for the body to assimilate. So regardless of health status, I suggest it for everyone. It also prevents gastric ulcers and colon cancer. Because it is rich in iron, it also helps with oxygenation of the organs.

## Grillos Pickles



\$7.39 for 52 oz or \$0.14/oz

Pickles are a wonderful snack because they are a fermented food that is high in probiotic power, but low in calories. It took me months to find a pickle that I felt comfortable recommending because every other brand contains yellow dye, calcium chloride, citric acid and other preservatives. This brand has NO chemicals or preservatives and they are the only pickles I have ever liked. They are high in many nutrients and contain tons of essential vitamins and minerals that improve digestive health and lower inflammation.



# Refrigerated Foods

## Continued

### House Foods Tofu



\$5.69 for 4 16 oz. packages  
or \$1.42 per package

Many people are wrongfully afraid of soy because it contains “phytoestrogens”, which sound like hormone disruptors. While it is true that genetically modified soy is terrible and can have negative effects on health, organic soy has only shown positive effects in human studies. In fact, it is one of the most protective foods against cancer (specifically those with the BRCA gene). This brand of tofu is minimally processed and the best quality I have found for sale. It is good for tofu scrambles, pesto sauce, baked, and used as a protein in buddha bowls and much more.

# Frozen Foods

Many people are afraid of buying frozen because they falsely believe that frozen does not contain the same nutrient value. However, this is often false because many of the “fresh” items we buy in stores were picked before they were ripe and shipped underripe to your store where it will eventually ripen and lose nutrient value. Moreover, many of the fresh produce items that we buy lose nutrients each day after it is picked, and they can often sit for weeks before we buy them. Frozen produce is often picked ripe and immediately flash frozen, which preserves nutrients. They are almost always a better price as well. So, I highly suggest to load up on frozen fruits and vegetables to save time, money, and nutrients.

## Mangoes



Mangoes are bursting with flavor and a great smoothie base. You can't go wrong with mangoes because they clear the skin, lower cholesterol and alkalize the body.

\$7.99 for 5 lbs or \$1.59/lb

# Frozen Foods

## Continued

### Nature's Touch Organic Berries



\$11.89/5 lbs or \$2.37/lb

Berries are usually very expensive, and because they are on the dirty dozen list should always be bought organic. These frozen berries are an amazing price (almost the exact same price as non-organic)! Some people like Dr. Michael Greger recommend eating at least 1 cup of berries daily because of their antioxidant and nutritional value. They are extremely high in fiber and help fight inflammation as well. Keeping a few bags of these berries in the freezer are great in smoothies, desserts, in oatmeal, thawed, boiled, poured over pancakes, you name it!

### Organic Sweet Cherries



\$9.49 for 4 lbs or \$2.37/lb

Cherries are another item on the dirty dozen list, so should always be bought organic. These organic cherries are a great price and great taste. Cherries promote sleep and decrease belly fat. Recent studies suggest that they can prevent Alzheimers! I highly suggest buying these and making the "Chocolate Cherry Shake" in my cookbook – it's a personal favorite.

# Frozen Foods

## Continued

### Organic White Sweet Corn



\$7.49 for 5 lbs or \$1.49/lb

Most corn is genetically modified, which is something we should run far away from! However, when it is organic, it is divine. It is a great thing to add to salads, stir fries, rice bowls, etc. Corn is high in Vitamin C and Potassium, which makes it great for us. It also contains phytonutrients that improve eyesight. It is also high in calories for a vegetable, which means you are getting even more bang for your buck.

### Edamame Beans



\$11.49 for 12- 9 oz bags or  
\$0.95 per bag

Soy is another product that is often genetically modified, but when it is organic it is amazing for us. Do not shy away from edamame beans, because they are one of the least refined soy products on the market which means we can enjoy greater anti-cancer benefits. These are a great source of protein with minimal fat, which means they should be a staple in your diet.

# Bulk Foods

## Food Should Taste Good Chips



\$6.99 for 24 oz or \$0.29/oz

These chips should be for emergency use and not consumed regularly as they contain oil. However, they have clean ingredients otherwise and can be eaten on rare occasions with trust that they will not be full of preservatives, chemicals, and harmful animal products.

## Siete Chips



\$6.89 for 12 oz or \$0.57/oz

These chips should be for emergency use and not consumed regularly as they contain oil. However, they have clean ingredients otherwise and can be eaten on rare occasions with trust that they will not be full of preservatives, chemicals, and harmful animal products. This brand is a good alternative for those with digestive issues, because they are made from yucca root and entirely gluten free.

# Bulk Foods

## Continued

### Mixed Nut Butter



Almost all nut butters contain oil, which is something that we want to avoid. This butter does not! That is what makes it a great pantry staple that you can enjoy with little hassle and worry. Nuts have many health benefits including protein, iron, and omega-3s. However, we should remember to consume them in moderation because they are high in fat.

\$7.99 for 27 oz or \$0.30/oz

### Himalayan Pink Salt



Most salt is “fortified with iodine”, which means they synthetically add in chemicals. That is very harmful to the body and digestive system. They also contain many harmful additives. This salt is both cheap and does not contain any additives; it is pure salt, which is key. Pink salt also contains many vitamins and minerals that other salt does not because of how it was mined.

\$6.59 for 5 lbs or \$0.08/oz

# Bulk Foods

## Continued

### Maple Syrup



\$10.99 for 33.8 oz or  
\$0.33/oz

Maple syrup should be another pantry staple! Maple syrup is a great option for sweetener because it is derived naturally from plants and undergoes minimal processing. Many syrups are sweetened with corn syrup or sugar, but 100% pure maple syrup is easy to digest. This is the best price I have found anywhere and can be used in place of sugar in any recipe.

### Rice Ramen



\$8.99 for 12/2.5oz or  
\$0.30/oz

This ramen is my go-to! I keep it in my pantry and find myself using it once a week in a pinch. It takes about 3 minutes to cook and makes delicious ramen (just add fresh ginger, garlic, and liquid aminos), stir fry, or curry soup. This ramen is made with brown rice and amaranth, which provides your recommended daily allowance of whole grains. Beyond that, it is high in calories and quick to make. Keep it in your pantry for those difficult nights.

# Bulk Foods

## Continued

### Hemp Hearts



\$14.99 for 1.5 lbs or \$9.99/lb

Hemp hearts contain both omega-3s and omega-6s. They boast 25% of their calories from protein and have also been shown to reduce symptoms of PMS and Menopause. They are easy to add into the diet because you can add a teaspoon on top of yogurts, on fruit bowls, in salads, on top of oatmeal, and more. They often run about \$12-\$14 per lb, so they are a great deal at Costco and will keep well for a long time.

### Chia Seeds



\$8.99 for 12/2.5oz or  
\$0.30/oz

Chia seeds are jam packed with antioxidants, and don't go bad easily. They can also help with aging and skin problems. Their high fiber content can also help in weight loss. Chia seeds actually contain more omegas than fish, which makes them great for reducing inflammation. These chia seeds are an awesome price and you can use them in recipes like chia pudding, chia jam, and smoothies. Since they soak up moisture, they can be used as an emulsifier and egg replacement in a number of recipes as well.



# Bulk Foods

## Continued

### Flax Seed



\$14.99 for 1.5 lbs or \$9.99/lb

Flax seed is a must have item for every plant based person! It can be used as an emulsifier in baked goods and is a great source of omegas and healthy fats. I like to add 1 tsp or so to my salads or smoothies. Some people believe that flax is a miracle food because they contain more than 800x more lignans than other plant foods, which studies have found is very protective against cancer. They also contain a lot of fiber and help to lower blood pressure and cholesterol.

### Raw Organic Cacao



\$8.99 for 12/2.5oz or  
\$0.30/oz

There is a big difference between cacao and cocoa. Cacao is the unprocessed, unrefined, and unsweetened version of chocolate. And unlike its counterpart, it contains many incredible health benefits. It contains an abundance of vitamins and minerals and is high in antioxidants. It also helps to increase serotonin and suppresses neuro-inflammatories. I use it to make a number of shakes and desserts that are guilt free!

# Bulk Foods

## Continued

### Brown Rice



\$12.89 for 12 lbs or \$1.07/lb

Brown rice is important because it contains the whole grain (bran, germ and endosperm) as opposed to white rice which has been milled, polished, and contains only the endosperm. While white rice is associated with a 17% increased risk in diabetes, brown is associated with a 16% decreased risk in diabetes. Simply replacing white rice with brown has also been shown to lower blood sugar levels, reduces the risk of cardiovascular disease and cancer. This brown rice is just over \$1 per pound, which makes it one of the cheapest and best qualities around. It is important to find an organic rice so you don't run the risk of glyphosate and other pesticides and herbicides in your food. Rice should be a staple in your diet.

### Quinoa



\$9.99 for 4.5 lbs or \$2.22/lb

Quinoa can be expensive, but just over \$2 a pound, this quinoa is a great deal! It is high in calories and low in fat and protein, which helps you to meet your macronutrient goals, while still providing a number of necessary vitamins and nutrients. They also contain flavonoids, which are anti-viral and anti-inflammatory. Moreover, they contain all essential amino acids. There are multiple quinoa dishes in my cookbook that you can try or you can use it in place of other grains in your favorite grain dishes.

# Bulk Foods

Continued

## Organic Dried Apple Chips



\$9.89 for 14 oz or \$0.78/lb

I don't often suggest processed foods, but apple chips make a good snack for kids and on the go. They often have these on sale and you can load up for those special occasions. Many forms of dried apples have preservatives and these do not, which make them a great choice. Because apples are on the Dirty Dozen list, they should always be eaten organic. Apples have a lot of pre-biotics and anti-cancer properties. It can also reduce anemia and its associated symptoms.

## Prairie Grains Bread



\$4.99 for 2/32 oz or \$0.8/lb

It is important to buy 100% whole grain bread that contains no oil and little sugar. This is usually very difficult to find. Prairie grains fits all of those criteria and it is cost effective and good quality. 99% of the population doesn't get their daily recommended amount of whole grains, which is only 3 oz. This bread will help you meet your whole grains quota for the day! I like to use bread for toast with chia jam or chickpea avocado sandwiches. This brand can go bad quickly, so make sure to keep it in the fridge.

# Bulk Foods

## Continued

### Dried Figs



\$11.49 for 40 oz or \$0.29/lb

Figs are great for digestive health and helps to prevent constipation and piles. Figs can also aid in the treatment of sexual dysfunction as well as weight loss. It is also a great treat by itself or in dessert since it is naturally very sweet. Figs keep well and are a great travel or emergency snack. These figs do not have any preservatives or sweeteners, but be cautious of other brands because they may contain these things.

### Dried Mangoes



\$16.99 for 28 oz or \$0.61/lb

Dried mangoes are delicious, but they aren't cheap! I suggest these only for special occasions or traveling. This brand is particularly good because it is one of the only brands that does not have a sugar or honey coating. The mangoes are naturally sweet enough that they can fill your sweet tooth while not compromising health. Mangoes can improve bone density and promote weight loss, so you can eat these snacks all day with no guilt!

# Common Items To Avoid

## Remember To Read Labels

Most of the food items in this guide are to show you what to eat. But there are many items at Costco that we should avoid. Many items are advertised and labeled to make you think that they are healthy, but in reality they are disease promoting. The key is to always read the label and watch out for hidden chemicals, preservatives, sugars, additives, and dairy products. Here are just a few examples of foods to avoid.

## Mango and Peach Organic Salsa



Citric Acid and Xantham Gum

This one is misleading. It is organic, and full of your favorite fruits and vegetables. But when you read the label you find that there are 2 kinds of sugar and one preservative. This is a good example of something to avoid that may look healthy initially.

# Common Items To Avoid

## Continued

### Organic Canned Mangoes



Citric Acid and Xantham Gum

These mangoes are organic and fresh, right? Look again! They contain a number of preservatives and chemicals that are harmful to our health. Plus, it contains a high amount of sugar to sweeten the mangoes.

### Pure Fruit Bars



Natural flavor, absorbic acid, and citric acid

These have all the right words! Vegan, organic, natural, but are they healthy? A quick look at the ingredients shows that they contain the dreaded “natural flavors”, which is a catch all term to mean whatever the company wants! Beyond this, there are other harmful preservatives to avoid.

*Spira*  
HEALTH & WELLNESS

