

Supplies you can buy at Costco

- Honeyville finely ground Almond Flour
- Organic Frozen Fruit
- Organic Frozen Veggies
- Organic fresh fruit and veggies
- Kirkland Turkey Burgers
- Prosciutto
- Kirkland Parchment Paper
- Check their frozen fish carefully for gluten. They used to put Red Dye #40 in their salmon so I stopped buying it there, but that might have changed.

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- Cultured cheese
- Organic Honey
- Organic Eggs
- Organic Chicken Stock
- 100 % Fruit Juice - they have Pomegranate and a couple other flavors
- Nuts
- Kerrygold Pure Irish Butter - my favorite for baking and putting on waffles and toast
- Almond Butter for baking or putting on apples and toast