

Costco Shopping List

This list includes foods that fit the JumpstartMD program. Some items may vary in availability, and other suitable options may also exist. Vegan-friendly products are marked with a (V). If you haven't yet reviewed the Box Tracking System (covered at Visit 3), ignore the Protein (Pro), Carbohydrate (Carb), and Healthy Fat (Fat) labels and below descriptor for now.

If you prefer a more detailed tracking approach, your JumpstartMD Clinician or Health Coach can help tailor a plan. You can also ask Rumi questions about tracking, nutrition content and more on the JumpstartMD App. Most members achieve strong results using this simplified, easy-to-follow system.

How to Track Macronutrient Boxes

Use nutrition labels and the JumpstartMD box counting system to track servings of Protein, Carbohydrate, and Healthy Fat. Each box equals approximately:

- » 10 grams of protein, carbs, or fat per one box
- » 5 grams of protein, carbs, or fat per half box

To determine total boxes of a given macronutrient, round up or down to the nearest 5 or 10 gram increment.

Many foods tracked as protein (like meat, seafood, eggs, and dairy) may also contain fat or carbs. Similarly, foods tracked as healthy fats (like nuts, seeds, and avocado) often contain some protein or carbs. To keep things simple:

- » **Only track carbs** from approved fruits and vegetables
- » **Only track fats** from listed "Healthy Added Fats" (e.g., oils, butter, cream, nuts, seeds, avocado)

MEAT/ SEAFOOD			Box Count		
Product	Brand	Serving	PRO	CARB	FAT
Australian Rack of Lamb Full Case	Kirkland Signature	3 oz	2	0	0
Beef Chuck Pot Roast Boneless	Kirkland Signature	3 oz	2	0	0
Beef Flank Steak	Kirkland Signature	3 oz	2	0	0
Beef for Stew	Kirkland Signature	3 oz	2	0	0
Beef Loin Tenderloin Steak - Filet Mignon	Kirkland Signature	3 oz	2	0	0
Beef Loin Top Sirloin Steak, Boneless	Kirkland Signature	3 oz	2	0	0
Beef Ribeye Steak Boneless	Kirkland Signature	3 oz	2	0	0
Boneless Lamb Leg, Australian	Kirkland Signature	3 oz	2	0	0
Ground Bison 90% Lean	Great Range	3 oz	2	0	0
Halal Bone In Lamb Cubes	Thomas Farms	4 oz	1.5	0	0
Lamb Loin Chops, Australian	Kirkland Signature	3 oz	2	0	0
Organic Ground Beef	Kirkland Signature	3 oz	2	0	0
Seasoned Tri-Tip	Kirkland Signature	3 oz	2	0	0
Organic Chicken Party Wings	Kirkland Signature	4 oz	2	0	0
Organic Boneless Skinless Chicken Breasts	Kirkland Signature	3 oz	2	0	0
Organic Boneless Skinless Chicken Tenderloins	Kirkland Signature	3 oz	2	0	0
Organic Boneless Skinless Chicken Thighs	Kirkland Signature	3 oz	2	0	0

Product	Brand	Serving	PRO	CARB	FAT
Organic Whole Young Chicken	Kirkland Signature	3 oz	2	0	0
Ground Turkey Lean	Foster Farms	3 oz	2	0	0
Bone in Pork Loin and Rib Chops	Kirkland Signature	3 oz	2	0	0
Boneless Pork Loin	Kirkland Signature	3 oz	2	0	0
Pork Loin Chops Boneless	Kirkland Signature	3 oz	2	0	0
Pork Loin Top Loin Chops Boneless	Kirkland Signature	3 oz	2	0	0
Pork Shoulder Country Style Ribs Boneless	Kirkland Signature	3 oz	2	0	0
Premium Pork Loin Backribs	Kirkland Signature	3 oz	2	0	0
Premium Pork Loin Tenderloin Whole	Kirkland Signature	3 oz	2	0	0
Premium Pork St. Louis Spare Ribs	Kirkland Signature	3 oz	2	0	0
Seasoned Rack of Pork	Kirkland Signature	3 oz	2	0	0
Swift Rack of Pork Loin Bone	Kirkland Signature	5 Shrimps	1	0	0
Farmed U-15 White Shrimp	Kirkland Signature	5 Shrimps	1	0	0
Fresh Farmed Atlantic Salmon Fillet	Kirkland Signature	3 oz	2	0	0
Whole Farmed White Shrimp	Kirkland Signature	5 Shrimps	1	0	0
Wild Chilean Sea Bass	Kirkland Signature	3 oz	2	0	0
Wild Cooked Dungeness Crab Section	Kirkland Signature	3 oz	1.5	0	0
Wild Pacific Cod	Kirkland Signature	3 oz	2	0	0
Wild Warm Water Lobster Tail	Kirkland Signature	1 lobster	1.5	0	0

CANNED FISH

Wild Albacore Tuna	House Foods	3 oz	3	0	0
Ahi Wild Yellowfin Tuna Steaks	Safe Catch	3 oz	3	0	0
Albacore Solid White Tuna in Water	Kirkland Signature	3 oz	3	0	0
Chunk Light Tuna in Water	Chicken of the sea	3 oz	3	0	0
Estate Caviar	Tsar Nicoulai	1 TBSP	0	0	0
Sardines in 100% Olive Oil, Wild Caught, Skinless and Boneless	Season	3 oz	3	0	0
Solid White Albacore Tuna in Water	Chicken of the sea	3 oz	3	0	0
Solid Yellowfin Tuna in Extra Virgin Olive Oil with Sea Salt	Portofino	1 can	3	0	2

DAIRY

Whole Milk String Cheese	Galbani	1 String	0.5	0	0
Bavarian Emmentaler	Fond O'Foods	1.5 oz	1	0	0
Bufala Mozzarella	Fattorie Garofalo	1.5 oz	1	0	0
Bulgarian Feta Cheese	Rodopa	1.5 oz	1	0	0

Product	Brand	Serving	PRO	CARB	FAT
Burrata Cheese	Angelo & Franco	1.5 oz	1	0	0
Cheese Cracker Cut	Cello	1.5 oz	1	0	0
Cheese Spirella Rolled Minis	King	1.5 oz	1	0	0
Egg White with Cheese Trio and Peppers Egg Bites	Kirkland Signature	2egg bites	1	1	1
Farms Fresh Quail Eggs	Manchester	8 eggs	1	0	0
French Brie	Kirkland Signature	1.5 oz	1	0	0
French Feta	Vallbreso	1.5 oz	1	0	0
Fresh Mozzarella Snacking Cheese	BelGioioso	1.5 oz	1	0	0
Garlic Mint Yogurt	Bolani	1TBS	0	0	0
Goat Milk Cheese	Cypress Grove	1.5 oz	1	0	0
Goat Wedges	Bella Capra	1.5 oz	1	0	0
Goatmilk Cheese	Laura Chenel's	1.5 oz	1	0	0
Gouda	Beemster Black Label	1.5 oz	1	0	0
Indian Paneer Cheese	Verka	1.5 oz	1	0	0
Liquid Egg Whites, Cage Free	Kirkland Signature	3 TBS	0.5	0	0
Medium Cheddar Snacking Cheese	Tillamook	1.5 oz	1	0	0
Mini Snack Cheese	Babybel	1.5 oz	1	0	0
Mozzarella Cilegine	Angelo & Franco	1.5 oz	1	0	0
Organic A2 Whole Milk Yogurt	Bellwether Farm	6 oz	1	0	0
Organic Hard-Boiled Eggs, Cage Free, Peeled	Kirkland Signature	2 egg	1	0	0
Organic Pasture-Raised Eggs	Kirkland Signature	2 egg	1	0	0
Paneer Cheese	Paneer Cheese	1.5 oz	1	0	0
Petite Triple Creme Brie	Marin French Cheese	1Brie	0.5	0	0
Queso Fresco Casero Cheese	El Mexicano	1.5oz	1	0	0
Shredded Mexican Style Blend Cheese	Kirkland Signature	1.5oz	1	0	0
Shredded Mozzarella	Kirkland Signature	1.5 oz	1	0	0
Sliced Havarti Cheese	Arla	1 slice	0.6	0	0
Spinach & Bell Pepper Egg Bites	Three Bridges	2egg bites	1.5	0.5	0
Uncured Bacon and Gouda Egg Bites	Kirkland Signature	2egg bites	1.5	1	0

PRODUCE

Cocktail Cucumber	Greenhouse Crown	1 Cup	0	1	0
Organic Baby Spinach	Earthbound Farm	Free	0	0	0
Baby Bok Choy	4 Earth Farm	Free	0	0	0

Product	Brand	Serving	PRO	CARB	FAT
Bananas	Dole	1/2 small	0	1	0
Blueberries	Gourmet	1/2 Cup	0	1	0
Butter Lettuce	Winset Farm	Free	0	0	0
Cantaloupe	Dulcinea	1/2 Cup	0	1	0
Dried Gourmet Mix Mushrooms	The Wild Mushroom Co	1 cup	0	1	0
Fancy Rainbow Carrots	4 Eerth Farm	1/2cup	0	1	0
Fresh Guava	Friedas	1 med	0	1	0
Fuji Apples	Rainier	1/2 small	0	1	0
Grape Tomatoes	SunTech	1 Cup	0	1	0
Grapefruit	AlwaysFresh	1/2 small	0	1	0
Green Grapes, Seedless		1/3 Cup	0	1	0
Hawaiian Papaya	Hawaiian Harvest	1/2 cup	0	1	0
Honeydew	KingFresh	1/2 Cup	0	1	0
Jumbo Artichokes	Ocean Mist Farm	1 Cup	0	1	0
LadyApple	Domex SuperFresh	1/2 small	0	1	0
Mandarins	Sweetgums	1 small	0	1	0
Microgreens Rainbow Mix	AeroFarms	Free	0	0	0
Mini Peppers	Sunset	1 Cup	0	1	0
Mini Seedless Watermelon	Pure Heart	1 Cup	0	1	0
Mixed Bell Peppers	Mucci Farm	1 Cup	0	1	0
Oranges	AlwaysFresh	1/2 small	0	1	0
Organic Apples Galas	Disney	1/2 small	0	1	0
Organic Artisan Romaine Hearts	Tanimura & Antle	Free	0	0	0
Organic Asparagus	Alpine Fresh	1 Cup	0	1	0
Organic Bananas	Dole	1/2 small	0	1	0
Organic Blackberries	Sweet Karaline	1/2 Cup	0	1	0
Organic Blueberries	Naturipe	1/2 Cup	0	1	0
Organic Broccoli Florets	Earthbound Farm	1 Cup	0	1	0
Organic Brussels Sprouts	4 Earth Farm	1 Cup	0	1	0
Organic Butternut Squash	Alpine Fresh	1 Cup	0	1	0
Organic Carrots	Cal-Organic	1/2 Cup	0	1	0
Organic Celery Sticks	Earthbound Farm	Free	0	0	0
Organic Cooked Beets	Love Beets	1/2 Cup	0	1	0

Product	Brand	Serving	PRO	CARB	FAT
Organic Crimini Mushrooms	Highline	Free	0	0	0
Organic D'Anjou Pears	Duckwall	1/2 small	0	1	0
Organic English Cucumbers	Greenhouse Crown	1 Cup	0	1	0
Organic French Green Beans	New World Farm	1 cup	0	1	0
Organic Graffiti Eggplant	Friedas	1 Cup	0	1	0
Organic Green Beans	New World Farms	1 Cup	0	1	0
Organic Honeycrisp Apples	Rainier Fruit	1/2 small	0	1	0
Organic Peeled Carrots	Cal-Organic	1/2 Cup	0	1	0
Organic Pitted Medjool Dates	Sundate	1 Date	0	1	0
Organic Pomegranate	Arils	1/4 Cup	0	1	0
Organic Power Greens	Earthbound Farm	Free	0	0	0
Organic Spring Mix	EarthBound	Free	0	0	0
Organic Squash	Wholesum Harvest	1 Cup	0	1	0
Organic Sugar Snap Peas	Taylor Farms	1 Cup	0	1	0
Organic Sweet Potatoes	Natuare's Pride	1 Cup	0	1	0

RAW

Organic White Mushrooms	Monterey Mushroom	Free	0	0	0
Raspberries	Alpin Fresh	1/2 Cup	0	1	0
Red Grapes, Seedless	Four Star Fruit Trees	1/3 Cup	0	1	0
Shiitake Mushrooms Premium Grade	TopHat	Free	0	0	0
Spaghetti Squash	BC Fresh	1 Cup	0	1	0
Strawberries	Hydros	1 Cup	0	1	0
Tomatoes on the Vine	Greenhouse Crown	1 Cup	0	1	0

HEALTHY FATS

Organic Half and Half	Clover	2TBSP	0	0	0
Heavy Whipping Cream	Producers	2 TBSP	0	0	1
Grass-Fed Butter	Kirkland Signature	1TBSP	0	0	1
Garlic & Fine Herbs + Shallot & Chive, Gournay Cheese	Boursin	2 TBSP	0	0	1
Organic Creamy Almond Butter	Kirkland Signature	1TBSP	0	0	1
Organic Peanut Butter	Kirkland Signature	1TBSP	0	0	1
Butter Variety Pack	Churn Grass-Fed	1TBSP	0	0	1
Heavy Whipped Cream	Kirkland Signature	2 TBSP	0	0	1
Sour Cream	Daisy	2TBSP	0	0	0

Product	Brand	Serving	PRO	CARB	FAT
Avocado Oil Classic Mayo	Chosen Foods	1TBSP	0	0	0
Organic 7 Nut & Seed Butter, Power Fuel Crunchy	Nuttzo	1TBSP	0	0	1
Pitted Olives	Early California	10 olives	0	0	0
Whole Cashews	Kirkland Signature	12 Pieces	0	0	1
Nuts, Variety Pack	Kirkland Signature	12 Pieces	0	0	1
Shelled Pistachios	Kirkland Signature	20 Pieces	0	0	1
Organic Pumpkin Seeds with Sea Salt	Go Raw Sprouted	1TBSP	0	0	1
Shell Pistachios	Kirkland Signature	20 Pieces	0	0	1
Shell Pistachios, Salt & Pepper	Wonderful	20 Pieces	0	0	1
Extra Fancy Mixed Nuts, Salted	Kirkland Signature	1/4 Cup	0	0	2
Walnut Halves	Kirkland Signature	6 Pieces	0	0	1
Pecan Halves	Kirkland Signature	12 Pieces	0	0	1
Dry Roasted Macadamia Nuts	Kirkland Signature	5 Pieces	0	0	1
In-Shell Roasted Peanuts, Unsalted	Hampton Farms	20 Pieces	0	0	1
Large Avocado Hass Variety	The Fruit of Life	1/2 cup	0	0	1
Organic Extra Virgin Olive Oil	O California	1TBSP	0	0	1
Extra Virgin Olive Oil	Three Branches Pompeian	1TBSP	0	0	1
Organic Avocado Oil	Chosen Food	1TBSP	0	0	1
Canola Oil	Kirkland Signature	1TBSP	0	0	1
Avocado Oil	Marianne's	1TBSP	0	0	1
Simply Light Taste Olive Oil	Pompeian	1TBSP	0	0	1
Garlic Extra Virgin Olive Oil	Sonoma Harvest	1TBSP	0	0	1
Organic Virgin Coconut Oil	Kirkland Signature	1TBSP	0	0	1

VEGAN & VEGETARIAN

Organic Tofu, Firm	House Foods	3.5 oz	1	0	0
Fire Roasted Vegetable Melange	Pura Vida	1 cup	0	1	0
Organic Plant Based Protein Powder, Vanilla Bean	Orgain	2 Scoops	2	2	0
Organic Edamame	Okami	1/2 cup	1	0	0
Collagen Peptides, Unflavored	Vital Proteins	4 TBSP	2	0	0
Whey Protein Powder, Vanilla	Optimum Nutrition Gold	1 Scoop	2.5	0	0
Organic Matcha	Organic Matcha	1/2 TSP	0	0	0
Collagen Peptides, Chocolate	Vital Proteins	4 TBSP	2	0	0

Product	Brand	Serving	PRO	CARB	FAT
FROZEN PREPARED MEALS					
Turkey Sausage Links	Jimmy Dean	3 Links	1.5	0	0
Fire Roasted Vegetable Melange (V)	Pura Vida	1 Cup	0	1	0
Almondine Steelhead	Kitchens SFD	5 oz	2.5	1/2	2.50
Bacon Wrapped Wagyu Beef Skewers	Cuisine Innovations	3 Pieces	1.5	0	0
Cauliflower Crust Pizza, Roasted Vegetable	Milton's	1/4 pizza	1.5	2.5	1
Cauliflower Crust Pizza-peroni,sausage,roasted vegetables,3-cheese	Kirkland Signature	1/4 Pizza	1.5	3	1
Fire Roasted Brussel Sprouts & Bacon	Pura Vida	1 cup	0	1	0
Fire Roasted Vegetable Melange (V)	Pure Vida	1 cup	0	1	0
Garlic Butter Shrimp	KS	5 oz	1	0	0
Grass-Fed Beef Patties	Kirkland Signature	1 Patty	2.5	0	0
Organic 4 Berry Blend (V)	Nature's Touch	1/2 cup	0	1.5	0
Organic Broccoli Florets	Kirkland Signature	1 cup	0	1	0
Organic Edamame (V)	Okami	1 oz	1	0	0
Organic Super Smoothie (V)	Clovis Farms	1 Bag	0	1.5	0
Sheet Pan Vegetables	Tattooed Chef	1 Cup	0	1.5	0
Sliced Grass-Fed Beef Sirloin	Kirkland Signature	3 oz	2	0	0
Wild Alaskan Sockeye Salmon	Kirkland Signature	3 oz	2	0	0
GRAB&GO/FRESH DELI PREPARED MEAT WITHOUT SAUCE					
Fully Cooked Braised Beef Short Rib	Ruprecht	3 oz	1.5	0	0
Garlic Pepper Seasoned Drumsticks	Kirkland Signature	3 oz	1.5	0	0
GRAB&GO/FRESH DELI PREPARED MEAT WITH SAUCE					
18 Month Prosciutto Di Parma	Citterio	1 oz	1	0	0
Antipasto Platter	Fra'Mani	2 oz	1	0	0
Beef Kebabs	The Falafel Company	1 pieces	1	0	0
Chicken Breakfast Sausage Links	Amylu	3 Links	1	0	0
Fully Cooked Chicken Breast Bites	Fresh Additions	3 oz	2	0	0
Grilled Chicken	Soules Kitchen Flame	3 oz	2	0	0
Grilled Chicken Skewers, Mediterranean Style	West End Cuisine	3 oz	2	0	0
Hand Pulled Rotisserie Chicken Breast Meat	Kirkland Signature	3 oz	2	0	0
Herb Roasted Turkey Breast, Sliced	Columbus	2 oz	1.5	0	0
Hot Link Sausage	Evergood Louisiana Brand	1/2 link	0.5	0	0

Product	Brand	Serving	PRO	CARB	FAT
Kitchen Flame Grilled Chicken	Soules	1 oz	1	0	0
Organic Chicken Sausage	Sabatino's Paleo	1 Sausage	1.5	0	0
Organic Smoked Chicken Sausage, Chicken & Apple	Aidells	1 Link	1.5	0	0
Ranch Polish Sausage,	Teton	1 Link	1	0	0
Roasted 1/2 Duck	Maple Leaf Farms	3 oz	2	0	0
Rotisserie Chicken	Kirkland Signature	3 oz	2	0	0
Salmon Milano with Basil Pesto Butter	Kirkland Signature	3 oz	2	0	0
Sliced Grass-Fed Beef Sirloin	Cuisine Solutions	3 Oz	2	0	0
Slow Roasted Turkey Breast	Hillshire Farm	3 oz	2	0	0
Smoked Pulled Pork, Rubbed with Seasonings	Kirkland Signature	3 oz	2	0	0
Uncured Black Forest Ham	Kirkland Signature	3 oz	2	0	0
Turkey Sausage Links	Jimmy Dean	3 Links	1	0	0

GRAB AND GO SALADS/SOUP

Caesar Salad	Kirkland Signature	3 oz	0.5	0.5	0.5
Gourmet Seaweed Salad	Azuma	2 oZ	0	0	0
Organic Chopped Vegetable & Barley Soup (V)	Cedar Lane	1 cup	0	1.5	0.5
Organic Ready Pac Deluxe Caesar Salad (Without dressing)	Bistro	1 bowl	2	1	2.5

GRAB AND GO SALADS/SOUP

Almond Flour Tortilla	Siete	1 tortilla	0.5	1	0.5
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SNACKS

Tomato Basil Pizza Crisps (V)	Sonoma Creamery	16 crisps	1.5	0	1
Almond Flour Sea Salt Crackers	Simple Mills	17 Crackers	0.5	2	1
Beef Jerky	Snake River Farms American Wagyu	1 oz	0.5	0	0
Beef Stick	Greenridge Farm	1 Stick	1.5	0	0
Cabbage Kimchi	Jongga Sliced Napa	1 oz	0	0	0
Dark Chocolate Peanut Butter cup	Skinny Dipped	1 cup	0	0.5	0.5
Fresh Roasted Medium Salsa	Casa Sanchez	1/4 Cup	0	0	0
Organic Chunky Guacamole (V)	Kirkland Signature	1 min cup	0	0	0.5
Organic Chunky Guacamole (V)	Goodfoods	2 TBS	0	0	0.5
Organic Roasted Seaweed	Kirkland Signature	Free	0	0	0
Organic Salsa, Medium	Kirkland Signature	1/4 cup	0	0	0
Organic Smashed Avocado (V)	Wholly	1 min cup	0	0	0.5

Product	Brand	Serving	PRO	CARB	FAT
Pickles	Grillo's Pickles	2 Pieces	0	0	0
Salsa, Medium	Mateo's	1/4 Cup	0	0	0
Spinach Artichoke & Parmesan Dip	La Terra Fina	2 TBS	0	0	0
Zero Sugar Beef Jerky	Tillamook	1 oz	1.5	0	0
CONDIMENTS					
Organic Buttery Buffalo Sauce	Kinders	1 TBSP	0	0	0
Marinara Sauce	Rao's	1/2 Cup	0	0.5	
Red Hot	Frank's	1 TSP	0	0	0
Vanilla Extract	Pure	1 TSP	0	0	0
Soy Sauce	Kikkoman	Free	0	0	0
Oyster Sauce	Lee Kum Kee Premium	1 TBSP	0	0	0
Organic Balsamic Vinegar	Kirkland Signature	1 TBSP	0	0	0
Organic Apple Cider Vinegar	Kirkland Signature	1 TBSP	0	0	0
Organic Sushi Ginger	The Ginger People	2 TBSP	0	0	0
BEVERAGE					
Organic Almond Milk, Vanilla- Unsweetened	Kirkland Signature	1 Cup	0	0	0
Chicken Broth	Swanson Natural Goodness	1 Cup	0	0	0
Hydration Multiplier Sugar Free, Variety Pack	Liquid I.V	1 pack	0	0	0
Korean Beef Bone Soup Broth	Jayone	1 cup	0	0	0
Organic A2 Whole Milk	Kirkland Signature	1 Cup	0	1	0
Organic Almond Milk Vanilla- Unsweetened	Slik	1 Cup	0	0	0
Organic Chicken Broth	Kirkland Signature	1 Cup	0	0	0
Organic Coconut Milk- Unsweetened	Thai Kitchen	1/3 Cup	0	0	1
Organic Kombucha Variety	Remedy	1 Can	0	0	0
Organic Matcha	Sencha Naturals	1/2 tsp	0	0	0
Organic Roasted Chicken Base	Better Than Bouillon	1 TSP	0	0	0
Organic Soy Milk, Plain	Kirkland Signature	1 Cup	0	0	0
Protein Shake	Fairlife Nutrition Plan	1 Bottle	3	0	0
Protein Shake, Chocolate	Nurri 30g	1 can	3	0	0
Sparkling Energy Drink	Celsius	1 Can	0	0	0
Sparkling Ice Zero Sugar	Sparkling Ice	1 bottel	0	0	0
Sparkling Variety Pack	Waterloo	1 Can	0	0	0
Sparkling, Variety	Kirkland Signature	1 Bottle	0	0	0

Product	Brand	Serving	PRO	CARB	FAT
Unsweetened Green Tea	to En Oi Ocha	1 bottle	0	0	0
Water Infused with Fruit Essences Variety	Hint	1 Bottle	0	0	0

This list highlights JumpstartMD-compatible food options available at Costco but is not exhaustive. Feel free to explore additional program aligned choices, and consult Rumi, your JumpstartMD Clinician, or your Health Coach for further guidance.