

# COSTCO Grocery List

Points (Scan before purchasing)

Aidell's Chicken Meatballs	4 balls 5pts
Alvarado Sprouted Everything Bread	1 pt for 1 slice, 3pts for 2
Amylu Andouille Chicken Dinner Sausage	3 pts 1 link
Amylu breakfast link sausage	3 - links for 3 pts
Bibigo Chicken & Vegetables Steamed Dumplings	1 tray(6 dumplings) -7pts
Boulder Organic Green Chili & Chicken Soup	1 cup 2 pts.
Drizzlicious Rice Cake Bites	4 points per bag!
Fairlife Chocolate Protein Milk	3 points
Fast West Cuisine Kung Pao Chicken	5 oz 4pts
Frankly Fresh Chicken Breasts Burrito Bowls	7 points
Good Foods Buffalo Style Chicken Dip	3pts for 2T
Healthy Noodle	0 pts for 1/2 pouch
Hillshire Farms Naturals Turkey Breast	0 points.
Hippeas Chickpea Puffs	20=3 points
Inked Ket Bread	1 point for 1 slice
It's So Good It Hurts Spicy Vegetable & Beef Soup	1 cup 2 pts
Jarlsberg Lite Cheese	2 points a slice
Kevin's Chicken Chili Verde	1 point per 5oz serving
Kevin's Jamaican Jerk Style Chicken	4 pts for 5 oz
Kevin's Korean BBQ Style Chicken	3pts for 5oz
Kinder's Seasonings	0 points
Kirkland's Almond Beverage	0 points up to 1 cup
Kodiak Cakes Pancake & Waffle Mix	1/2 Cup - 4PP
Maple Leaf Canadian Bacon	3 slices 1 pt
Muscle Milk	2 pts per bottle
Off the Eaten Path Veggie Crisps	2 points for 12 chips and 3 points for
Organic Mixed Fruit (Frozen)	0 points.
Phillips Mini Crab cakes	4 for 5 pts
Premiere Protein Shakes	2 pts per bottle
Quaker Simply Granola	1 pt per tablespoon (based on 2 pts f
Snapdragon Thai Basil Chicken	1 Serving is 1Point
Snapdragon Thai Red Curry	2/3 cups 5pts
Stonefire Naan Dippers	5 dippers for 4pts

