CHOMP SHOPPER

COSTCO GROCERY LIST

FREE PRINTABLE

FAMILY OF 4 · ONE TRIP · ~2 WEEKS OF FRESH FOOD

TRIP DATE _____

PRODUCE 10

- ○ Bananas — 1 bunch (~3 lb)
- ○ Apples — ~5 lb bag
- ○ Clementines — ~5 lb box
- ○ Strawberries or blueberries — 1 large
- ○ Baby carrots — ~5 lb bag
- ○ Spinach or spring mix — 1 lb tub
- ○ Avocados — bag of 5–6
- ○ Yellow onions — 1 bag
- ○ Russet potatoes — ~10 lb bag
- ○ Peeled garlic — 1 bag

BEVERAGES 2

- ○ Ground coffee — 1 bag
- ○ Sparkling water — 1 case

MEAT & SEAFOOD 4

- ○ Rotisserie chicken — 1
- ○ Boneless chicken breasts — ~6 lb
- ○ Lean ground beef — 4–5 lb
- ○ Bacon — multipack

DAIRY & EGGS 6

- ○ Large eggs — 2 dozen
- ○ Milk — 2 gallons
- ○ Unsalted butter — 4 lb
- ○ Shredded cheese — ~2½ lb
- ○ Greek yogurt — ~3 lb tub
- ○ String cheese — 1 pack

BAKERY 3

- ○ Sandwich bread — 2 loaves
- ○ Bagels or English muffins — 1 pack
- ○ Flour tortillas — 1 pack

PANTRY 7

- ○ Rice — 1 bag
- ○ Pasta — multipack
- ○ Peanut butter — 2 jars
- ○ Rolled oats — 1 canister
- ○ Cereal — 2 boxes
- ○ Olive oil — 1 large
- ○ Chicken broth — multipack

FROZEN 3

- ○ Salmon fillets — ~3 lb bag
- ○ Broccoli florets — 1 large bag
- ○ Mixed berries — 1 large bag

CANNED & JARRED 3

- ○ Pasta sauce — multipack
- ○ Black beans — multipack
- ○ Canned tuna — multipack

SNACKS 3

- ○ Granola bars — variety box
- ○ Cheddar crackers — 1 box
- ○ Nuts or trail mix — 1 bag

HOUSEHOLD 6

- ○ Toilet paper — 30 rolls
- ○ Paper towels — 12 rolls
- ○ Trash bags — 1 box
- ○ Dishwasher pods — 1 tub
- ○ Laundry detergent — 1 jug
- ○ Freezer bags — 1 box

SIZING FOR YOUR HOUSEHOLD

FEWER THAN 4

Swap produce you can't finish in a week for frozen. Freeze meat packs the day you shop.

5 OR 6 PEOPLE

Add one more of what runs out first: milk, eggs (5-dozen pack), bread, bananas, yogurt, chicken.

7 OR MORE

Double produce, dairy and bread, add a second pack of each meat. Shop every 2–4 weeks plus a weekly top-up.

KEY NUMBERS

$3,250 a year	Executive break-even (about $270 a month). Pays 2% back, up to $1,250.
0°F freezer	Quality: ground meat 3–4 months, chicken 9, bacon 1.
Tue after 8 pm	Quietest time. Busiest: Saturday 10 am–2 pm.
9 am	Executive early hours on weekdays and Sundays.

TIPS

1. **Split packs at home**
   Portion meat into labeled freezer bags the same day.
2. **Buy only what you'll finish**
   A 5 lb bag is only a deal if it gets eaten.
3. **Compare unit prices**
   Bulk isn't always cheaper, especially snacks, cereal, coffee.
4. **Rotisserie night**
   Chicken with salad and bread, then leftovers for tacos or soup.

Not affiliated with Costco. Pack sizes vary by warehouse, so go by what's on the shelf.