

What to Buy: COSTCO

Coconut Oil should be in everyones cabinet. Costco has the best brand for the cheapest price.



You can get raw, unfiltered local honey here. This is great for combating allergies!



Great brand of Kombucha for a quick and healthy pick-me-up. I even use as a mixer for adult beverages.



A great drink option used with coconut milk and honey. Serve it hot or cold as a substitute for Starbucks (The Evil Empire who supports GMO's and antibiotics in milk).

Cacao powder can be mixed with your coffee, smoothies, King Arthur flour or added into homemade ice cream and it is Health Positive.



CoQ10 is a great daily antioxidant that is part of our Magic Morning Drink.

This butter is Grass Fed from Ireland, so it contains no hormones or GMO's.



Costco has natural, antibiotic-free breakfast sausage and a number of alternatives to your favorite BBQ options. They even have grass-fed and Bison "hot-dogs"!!



This is a good organic ground beef option even though it is not grass fed.. and your better bet is the Ground Bison.





Although I prefer the taste of the King Arthur gluten free pancake mix, these are an even healthier option as they are Paleo and very low in carbs, and still really good.



If you are Celiacs this is not an option, but it is pasta made in Italy and therefore is GMO free wheat, so it can be used as an occasional treat.

Costco has a great Grass Fed bone broth option for your Bone Broth cleansing days.



Yes, you can have Pizza!!!! This 3 pack of pre-made pizza is great and is even better when embellished with your own toppings. A good way to trick yourself and trick the kids while still being gluten free.