

The Healing Kitchen Costco Guide

Introduction

Achieving health through nutritious food choices has never been simpler nor more delicious thanks to The Healing Kitchen!

Armed with more than 175 budget-friendly, quick and easy recipes made with everyday ingredients, you get to minimize time and effort preparing healthful foods without sacrificing flavor! Straight-forward explanations and a comprehensive collection of visual guides will teach you which foods are the best choices to mitigate chronic illnesses, including autoimmune disease. Real-life practical tips on everything from cleaning out your pantry and easy ingredient swaps to reinventing leftovers and DIY flavor combinations will help you go from theory to practice effortlessly. Even better, twelve 1-week meal plans with shopping lists takes all the guesswork out of your weekly trip to the grocery store!

With half of all Americans taking at least one prescription medication (and 20% of us taking three or more!), there is a clear need for something to change. Combined with growing scientific evidence pointing to the Standard American Diet being at least partly to blame for our declining health, it's time for a dietary shift toward nutrient-dense, anti-inflammatory whole foods that promote health, rather than undermine it. In the first part of The Healing Kitchen, you'll learn all about what foods to eat and why, based on an ancestral diet template with contemporary scientific underpinnings. With a collection of practical tips and visual guides to distill this information into simple real-life actions that you can implement easily in your home today, this book is the closest thing to a guarantee of success that you can have when embarking on a Paleo diet healing protocol.

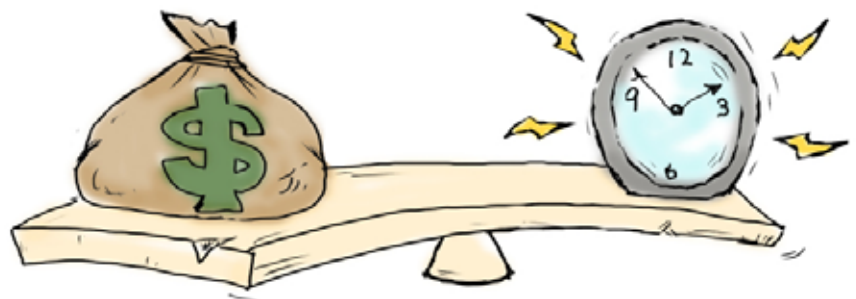
The Healing Kitchen features over 175 mouth-watering recipes that make eating healthful foods easy enough to fit even into the busiest of lives,

while being so tasty you'll likely forget you're on a special diet to begin with! Compliant with the Paleo autoimmune protocol, every meal is budget-conscious, requires a minimal time commitment, uses no special equipment, and needs no hard-to-find ingredients—yet, the whole family will love it! There's no need to suffer with bland or boring foods on your journey towards optimal health—and The Healing Kitchen is all about enjoying tasty food while nourishing your body.

The recipes span the gamut from easy peasy mains and simple sides to breakfast favorites and timeless treats. Even better, each recipe is labelled by cooking strategy, so you can easily identify meals that are one-pot, use 5 ingredients or less, take 20 minutes or less, can be made ahead, feature a slow cooker, and on-the-go foods—to make planning your day effortless! The Healing Kitchen also includes twelve weekly meal plans, each with a shopping list, to help you get completely organized in your kitchen! Even better, the selection of thematic meal plans hone in on your individual needs. Can't spend more than 20 minutes cooking at a time? The 20-minute-or-less meal plan makes sure your time spent preparing food is as minimal as possible. Always eating on the run? The on-the-go meal plan will suit your needs perfectly. Have a whole crew you need to satisfy? The family-favorites meal plan will please kids and grown-ups alike. Want to do all of your cooking for the week in one afternoon? Two batch-cook meal plans complete with exclusive web links to companion How To cooking videos will help you get it done!

The Healing Kitchen is your best tool for turning your kitchen into healing central—all while minimizing your time commitment, keeping your food budget reigned-in, and enjoying bite after delicious bite of meals to nourish and thrive.

So often, the best way to save money in the kitchen is to spend more time in the kitchen, and vice versa. The great thing about Costco is that you can do both simultaneously!



Budget-Friendly Ingredients

Prices do vary by region or time of year, and of course individual household budgets also vary. If you need to swap a more expensive ingredient for a less expensive one, see if a substitution is provided in the recipe in the book.

Pre-Prepared Ingredients

Buying some ingredients pre-prepared is a great way to save time and energy in the kitchen. Costco carries a huge variety of pre-prepared ingredients to choose from:

- Look for Pacific broth in the soup aisle for any recipe that calls for broth.
- Coconut oil, olive oil, and avocado oil can be used for cooking in most recipes. Find them in the pantry section.
- Pre-chopped vegetables such as broccoli and butternut squash can save a lot of time. Look for them in the frozen or refrigerated sections.
- See the Time-Saving Superstars on page 5 for more suggestions.

easy ingredient swaps

Looking at a recipe and don't have an ingredient on hand or can't find it at the store? Here are some simple swaps for common ingredients.



Budget-Friendly Tips

Following a restricted diet on a budget requires the same tools as doing anything else on a budget—knowing your prices, comparison shopping, taking advantage of sales and coupons, and buying in bulk. Costco is an excellent place to shop for the best bulk prices!

Almost everything goes on sale. Even online retailers have sales and coupons. Subscribing to a company's newsletter is typically the best way to find discounts. Having freezer space is useful when it comes to taking advantage of sales, but even if your freezer space is limited, you can benefit.

Buying in bulk is a great way to save money. The price per pound often decreases as you buy more. Many local farmers will give you a deal when you buy a quarter, half, or whole cow or pig. If you don't have the freezer space for half a cow, find some friends or family members to share a quarter cow with.

It's helpful to know what you can get at heavily discounted prices. You know those foods that jumped out at you as being "weird"? When lots of people think that a food is too weird to eat, there isn't much of a market for it, so prices are lower. Organ meat can be some of the cheapest meat available. Sometimes local farmers will give it to you for free or at a heavy discount because they can't find anyone to buy it. It also helps to know what is typically thrown away. If you ask, a butcher will put aside the grass-fed beef trimmings for you so that you can render your own tallow. Fish heads might normally be thrown away, but if you ask, the fishmonger may give them to you for free.

It's also helpful to know which meats tend to be cheaper per pound and which produce will stretch a meal further. Depending on where you live, chicken may be cheaper than pork, which is cheaper than beef. When buying high-quality meat, it's helpful to know that in most places, grassfed beef is cheaper than pasture-raised pork, which is cheaper than pasture-raised chicken. Tougher cuts of meat are usually less expensive. Certain vegetables give you great bang for your buck. Cruciferous vegetables tend to be very inexpensive. Using root vegetables and plantains is a fantastic way to stretch a meal. Bananas tend to be cheaper than apples, which tend to be cheaper than grapes or berries. If you buy produce in bulk, you'll save even more.

Food that you have to put more time into also tends to be cheaper. For example, a whole chicken is typically cheaper per pound than a chicken cut into parts. Vegetables that require peeling and chopping tend to be cheaper than those that can be thrown straight into a pot, which are cheaper than preprepared or prewashed vegetables in

plastic containers or bags.

Canned and frozen foods are often cheaper than fresh. While you probably won't want to buy canned vegetables because of additives, canned fish and shellfish are fantastic inexpensive options for increasing your seafood intake. Canned seafood is typically cheaper than frozen, which is typically cheaper than fresh. Frozen vegetables tend to have more nutrients than fresh vegetables from the grocery store because the ones in the produce aisle tend to be picked before they are ripe and lose nutrients during shipping and storage before they make it into your cart.

When foods do go on sale or are offered in bulk, you can save money by freezing your own. Freeze the raw food right in the package you bought it in, preprepare the food so that it saves you time when you're ready to use it, or cook and freeze meals for convenience on a busy weeknight. You can also ferment fruits and vegetables as an alternative to freezing them. For example, when cabbage is in season, you can make a large batch of sauerkraut to take advantage of both peak-season produce and the typically cheaper peak-season prices. Buying what's on sale is also a great way to buy in-season produce, since spikes in supply are one of the major reasons for drops in price.

When your budget is tight, the single best place to spend a few extra pennies is on fats. The best, most nutrient-dense choices are grass-fed tallow, pasture-raised lard, extra-virgin coconut oil, red palm oil, extra-virgin olive oil, and extra-virgin avocado oil. Tallow and lard can be rendered very inexpensively at home, whereas coconut, red palm, olive, and avocado oils tend to be cheapest when bought in bulk and online. Refined or semirefined fats contain fewer vitamins and antioxidants but are still good options in a pinch.

Even if the only food you can afford or source is the conventionally produced meat, seafood, and produce on sale, that's okay. The point is to make you aware of the differences so that you can make the best choices within your means—not to bankrupt you! Many people find that as they progress on their health journey, they are able to dedicate more funds to quality foods. This might reflect money saved by avoiding restaurants, fast food, and prepackaged foods. Or it might reflect reduced medical expenses once you start feeling better. Sometimes it just reflects a shift in priorities and a choice to reduce expenses or go without in some other area of life in order to free up funds for local, grass-fed meat.

Costco Autoimmune Protocol Groceries

The availability of specific items will vary by location. All items listed are Kirkland Signature brand unless otherwise noted. As items' ingredients can be subject to change, read the labels to be sure it's safe. See my [Reading Labels](#) and [Foods to Avoid](#) guides (available as free downloads) for more information.

Sometimes eating on a budget means saving money elsewhere so you can increase your food budget. Buying household goods like toilet paper, paper towels, detergent, tissues, and baby wipes in bulk from Costco is an excellent way to save money! Look for eco-friendly brands like Seventh Generation.

Pantry Items

- 100% Pure Maple Syrup
- avocado oil (Chosen Foods)
- balsamic vinegar
- extra virgin olive oil
- fresh medjool dates (Royal)
- minced garlic
- organic coconut oil
- organic honey
- organic lemon juice (Italian Volcano)
- organic strawberry spread
- organic toasted coconut chips (Creative Snacks Co)
- pitted dates (Hadley)
- pure vanilla extract
- spices except nightshade- and seed-based spices
- toasted coconut chips (Made in Nature)
- unrefined coconut oil (Car-rington Farms)
- white truffle oil (Urbani)

Refrigerated Items

- boneless ham steak
- cranberry sauce (Bistro 28)
- extra lean ham
- fresh peeled garlic (Chef Cuisine)
- kalamata olives (Krinos)
- Mediterranean olives (Bel Frantoio)
- organic beets (Love Beets)
- prosciutto (Parma)
- red grapefruit slices
- rotisserie seasoned chicken breast (Colombia)
- scallops wrapped in applewood smoked bacon (J. Scott)
- sliced bacon
- sliced turkey breast
- smoked sockeye salmon

Nonperishable Items

- all natural fruit clusters (Brothers)
- applesauce (GoGo Squeez)
- Atlantic salmon
- bacon crumbles
- black ripe pitted olives (Lindsay Naturals)
- California organic raisins (Sun-maid)
- chicken broth (Pacific)
- chunk light skipjack tuna in water
- diced peaches in grape juice
- dried California apricots
- dried figs (Made in Nature)
- dried mangoes (Philippine)
- dried plums
- fresh organic mushrooms (Festival)
- Granny Smith apple chips (Bare)
- hearts of palm (Del Destino)
- Mandarin oranges (Dole)
- natural fruit strips (Stretch Island Co)
- organic fruit rope (Clif Kid)
- pineapple chunks (Dole)
- pink salmon (Bear and Wolf)
- real sliced fruit
- sardines in olive oil (Season Brand)
- sea salt pickles (Vlasic)
- sliced peaches
- solid white albacore tuna
- whole artichoke hearts
- wild albacore tuna (Wild Planet)

Beverages

- bottled water
- coconut water (Harmless Harvest)
- mineral water
- natural 100% juice (Hansen's)
- organic apple juice (Apple and Eve)
- organic iced green tea (Tazo)
- organic juice drink (Honest Kids)
- sparkling mineral water (Perrier and San Pellegrino)

Frozen Foods

- Alaskan halibut
- Atlantic salmon
- ahi tuna steaks (Soho Seafood NYC)
- chicken breasts
- frozen broccoli (Pure Nature)
- frozen fruit (Nature's Touch)
- ground beef
- ground beef patties
- hake
- mahi mahi
- Normandy-style vegetable blend
- Pacific cod
- shrimp
- sockeye salmon
- tilapia

Budget-Friendly Superstars

- ☐ broccoli
- ☐ butternut squash
- ☐ cabbage
- ☐ carrots
- ☐ canned seafood
- ☐ ground beef
- ☐ hake
- ☐ leg of lamb
- ☐ pink salmon
- ☐ pork
- ☐ spinach
- ☐ sweet potatoes
- ☐ tilapia
- ☐ whole chickens

Time-Saving Superstars

- ☐ bacon crumbles
- ☐ canned fruits and vegetables
- ☐ chicken broth (Pacific)
- ☐ cranberry sauce (Bistro 28)
- ☐ frozen vegetables that are already chopped
- ☐ minced garlic
- ☐ organic beets (Love Beets)
- ☐ pre-sliced fruit or vegetables
- ☐ pre-washed leafy greens
- ☐ rotisserie seasoned chicken breast (Colombia)
- ☐ scallops wrapped in applewood smoked bacon (J. Scott)
- ☐ sliced turkey breast
- ☐ smoked sockeye salmon

Fresh Meat and Seafood

- ☐ beef
- ☐ bison
- ☐ catfish
- ☐ clams
- ☐ cod
- ☐ chicken
- ☐ lamb
- ☐ lobster
- ☐ pork
- ☐ salmon
- ☐ scallops
- ☐ shrimp
- ☐ tilapia
- ☐ tuna
- ☐ turkey
- ☐ all other meat and seafood (except breaded, seasoned, or other pre-prepared items containing foods to avoid)

Fresh Produce

- ☐ apples
- ☐ artichoke
- ☐ avocado
- ☐ banana
- ☐ beets
- ☐ blackberries
- ☐ blueberries
- ☐ broccoli
- ☐ Brussels sprouts
- ☐ cabbage
- ☐ cantaloupe
- ☐ carrots
- ☐ cassava (yuca, tapioca)
- ☐ cauliflower
- ☐ celery
- ☐ cherries
- ☐ chives
- ☐ clementine
- ☐ coconut
- ☐ collard greens
- ☐ cranberries
- ☐ cucumber
- ☐ garlic
- ☐ grapes
- ☐ grapefruit
- ☐ honeydew melon
- ☐ kale
- ☐ kiwi
- ☐ leeks
- ☐ lemons
- ☐ lettuce

- ☐ limes
- ☐ mango
- ☐ mustard greens
- ☐ nectarines
- ☐ nori
- ☐ okra
- ☐ olives
- ☐ onions
- ☐ oranges
- ☐ peaches
- ☐ pears
- ☐ pineapple
- ☐ plantain
- ☐ plum
- ☐ pomegranate
- ☐ radishes
- ☐ raspberries
- ☐ scallions
- ☐ shallots
- ☐ spinach
- ☐ squash
- ☐ strawberries
- ☐ sweet potatoes
- ☐ turnips
- ☐ watermelon
- ☐ yams
- ☐ zucchini
- ☐ all other produce (except legumes like green beans and peas, nightshades like peppers and tomatoes, and corn)
- ☐ pre-sliced fruits and vegetables
- ☐ pre-washed leafy greens

Cheap veggies that stretch a meal



Foods that give you a bang for your buck (and your health)

