

Costco Healthy Snack List

Protein, fiber, and fat are key to helping you feel satisfied and having your best energy!
We recommend having *at least* two of these nutrients for a healthy snack.

Below, you will find a list of Cultivate Wellness approved healthy snacks from Costco.
We have coded these snacks so you will know if the snack can be eaten on its own or if it needs to be paired with something else.

P = Protein
C = Fiber
F = Fat

Produce	Savory Snack
<p>Fresh fruit (C) Fresh Vegetables (C) Avocados (C+F)</p> <p style="text-align: center;">Refrigerated/Dairy</p> <p>Organic Veggie Bites (C+F) Organic Cowboy Caviar (P+C) Nonfat Plain Greek Yogurt (P) Plain Greek Yogurt (P+F) Cheese Fruit and Nut Packs (P+C+F) Cheese - Any Variety (P+F) Guacamole Cups (C+F) Organic Hummus Cups (C+F) Spirella Minis Artisanal Meat and Mozzarella Rolls (P+C+F)</p> <p style="text-align: center;">Nuts/Trail Mix</p> <p>Cashew Clusters (P+F) Savanna Orchards Honey Roasted Nut Mix (P+C+F) Pitted Prunes (C) Raw Nuts (P+F) Roasted Nuts (P+F) Mixed Nuts (P+C+F) Coastal Berry Trail Mix (C+F) Pumpkin Seeds with Sea Salt (P+C+F) Power Up Trail Mix Mega Omega (C+F) Trail Mix Snack Pack (P+C+F) Keto Snack Mix (P+C+F) Nut Butters (P+C+F) Whole Dried Plums (C)</p>	<p>Organic Beef Jerky (P) Turkey Jerky (P) Off the Eaten Path Veggie Crisps (C) Simple Mills Almond Flour Crackers (C) Terra Classic Vegetable Chips (C) Popcorners BBQ Protein Crisps (P+C) White Cheddar Hippeas (C+F) Green Pea Snack Crisps (P+C) Parmesan Cheese Crisps (P + F) Shitake Mushroom Crisps (C) Multi Grain Tortilla Chips (C) Popcorn (C)</p> <p style="text-align: center;">Bars</p> <p>KIND Bar Salted Caramel Dark chocolate Almond (P+C+F) KIND Dark Chocolate Almond and Sea Salt (P+C+F) Nut Bars with Cocoa Drizzle and Sea Salt (P+C+F) Larabar (P+C+F) Ratio Crunchy Toasted Almond Bar (P+C+F) RXBar (P+C+F) Nature Valley Biscuits with Almond Butter (C+F) Autumn's Gold Grain Free Granola Bar (P+C+F) Nature Valley Protein Chewy Bars (P+C+F) Paleo Bars (P+C+F)</p>



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<p>Miscellaneous</p> <p>Pumpkin Seed and Flax Granola (P+C+F)</p> <p>Ancient Grains Probiotic Granola (P+C+F)</p> <p>Organic Apple Sauce (C)</p>	
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Note: These items may not be available at every Costco location and this list certainly may not include every healthy snack that they have, especially seasonal items! Feel free to email us at admin@cultivatewellnessllc.com if you have a question about a product that is not listed here.