

# Fearless Dining - Master Gluten-Free Costco Checklist

Updated as of 4/25/25

<https://www.fearlessdining.com>

## Gluten-Free Appetizers

- ☐ Blue Moose Parm Asiago Dip
- ☐ Busseto Antipasto Meat Platter
- ☐ Chicken Skewers
- ☐ Chicken Skewers (Refrigerated Section)
- ☐ Don Lee Farms Cauliflower Bites
- ☐ Feel Good Foods Jalapeno Bites
- ☐ Fresh Editions Chicken Bites
- ☐ Garcia Baquero Spanish Cheese Sampler
- ☐ Kirkland Cheese Flight with Wine Pairings
- ☐ La Terra Fina Artichoke and Jalapeno Dip
- ☐ La Terra Fina Smoked Salmon Dip
- ☐ La Terra Fina Spinach and Artichoke Dip
- ☐ Okami Organic Edamame
- ☐ Sabra Hummus
- ☐ Stuffed Grape Leaves
- ☐ Tapas De Espana Charcuterie Meats by Noel
- ☐ Vegetarian Veggie Bites
- ☐ West End Cuisine Chicken Skewers
- ☐ Toom Garlic Dip

## Gluten-Free Breakfast

- ☐ Catalina Crunch Cereal
- ☐ Cheerios
- ☐ Chex Cereals
- ☐ EnviroKids Cereals
- ☐ Kirkland Almond Butter
- ☐ Kirkland Peanut Butter
- ☐ Lairds Plant-Based Coffee Creamer
- ☐ Nutella
- ☐ Nutt Zo Seed Butter
- ☐ One Degree Cereal
- ☐ One Degree Cereals
- ☐ Three Bridges Bacon & Cheese Egg Bites
- ☐ Veggies Made Great Spinach Egg White Frittatas

## Gluten-Free Desserts

- ☐ Coco-Roons
- ☐ Haagen Dazs Ice Cream Bars
- ☐ Heavenly Chunks
- ☐ Keto Bar Salted Caramel Almond Crunch Ice Cream Bars
- ☐ Kirkland Ice Cream Bars
- ☐ Kirkland Super Premium Vanilla Ice Cream

- ☐ M&Ms (plain and peanut)
- ☐ Mary Macleod's Gluten-Free Shortbread Cookies
- ☐ Nothin' But Granola Cookies
- ☐ Sejoyia Lemon Crisps
- ☐ Sun Tropics Coconut Rice Pudding
- ☐ Sun Tropics Coconut Rolls
- ☐ Sun Tropics Rice Pudding
- ☐ Sweetaly Chocolate Mousse
- ☐ Tates Bake Shop Gluten-Free Cookies
- ☐ Tates Gluten Free Cookies
- ☐ UNREAL Dark Chocolate Coconut Minis
- ☐ York Peppermint Patties

## **Gluten-Free Meats and Seafood**

- ☐ Aidells Chicken Meatballs
- ☐ Amylu Chicken Burgers
- ☐ Angus Steak Tips Mission Hill Bistro
- ☐ Atkins Lamb Shanks
- ☐ Cooking Made Easy: Thai Chicken
- ☐ Kinder's Chicken Sauce
- ☐ Kirkland Beef Hot Dogs
- ☐ Kirkland Canned Salmon
- ☐ Kirkland Chicken Stock
- ☐ Kirkland Chunk Chicken
- ☐ Kirkland Dinner Franks
- ☐ Kirkland Ham and Turkey Deli Meats
- ☐ Kirkland Signature Wild Alaskan Sockeye Salmon Burgers
- ☐ Kirkland Wild Smoked Salmon
- ☐ Nature Raised Grilled Chicken Strips
- ☐ Oscar Meyer Ham and Turkey
- ☐ Teton Polish Sausage
- ☐ Amylu Caramelized Onion and Cheddar Chicken Burgers

## **Gluten-Free Pantry Items**

- ☐ BFree Gluten Free Pita Bread
- ☐ Bare Bones Bone Broth
- ☐ Bibigo Prepared Rice
- ☐ Bobs Red Mill 1:1 Gluten Free Flour Blend
- ☐ Bulk Sugar and Brown Sugar
- ☐ Canned Tuna (Various Brands)
- ☐ Canyon Bakehouse
- ☐ Del Monte Canned Corn
- ☐ Dole Mandarin Oranges
- ☐ Edamame Spaghetti
- ☐ Franz Bakery Gluten-Free Multigrain Bread
- ☐ Go Go Quinoa Organic Macaroni Pasta
- ☐ Healthy Noodle
- ☐ Hidden Valley Ranch Dressing
- ☐ Honey

- ☐ King Arthur Measure for Measure
- ☐ Kirkland Almond Flour
- ☐ Kirkland Coconut Oil
- ☐ Kirkland Diced Tomatoes
- ☐ Kirkland Organic Quinoa
- ☐ Kirkland Organic Tomato Paste
- ☐ Kirkland Organic Tomato Sauce
- ☐ Manitou Rice Noodles
- ☐ Namaste 6 Pack Brown Rice Flour
- ☐ Namaste Organic Gluten Free Flour Blend
- ☐ Nestle Chocolate Chips
- ☐ Nielsen and Massey Extracts
- ☐ Olive Oil and Other Cooking Oils
- ☐ Orgain Protein Powder
- ☐ Organic Manitou Rice Noodles
- ☐ Organic Spirals Chickpea Pasta
- ☐ Rice Ramen
- ☐ Rosarita Refried Beans
- ☐ Royal Aborrio Rice
- ☐ S&W Black Beans
- ☐ S&W Garbanzo Beans
- ☐ Spam
- ☐ Starbucks and Peet's Coffee Beans
- ☐ Thai Kitchen Organic Coconut Milk
- ☐ TruRoots Pasta
- ☐ Udis (in some stores)
- ☐ Volupta Cacao Powder
- ☐ Farmers We Know Gluten Free Rolled Oats
- ☐ Bobo's PB&J Bars
- ☐ Fichi Fig & Nut Bites
- ☐ Organic Pure Fruit Bars
- ☐ Snack Club Tajin Gummy Bears (Chili & Lime)
- ☐ Smoke Show Seasoned Beef Sticks (free of the top 9)
- ☐ Golden Island Pork Jerky
- ☐ Pacific Roasted Red Pepper & Tomato Soup

## **Gluten-Free Prepared Foods**

- ☐ Bakery on Main Oatmeal Cups
- ☐ Banza Four Cheese Pizza
- ☐ Beyond Burger
- ☐ Black Bean Burgers
- ☐ Caesar Kitchen Lemon Chicken Piccata
- ☐ CedarLane Steel Cut Oat Bowls
- ☐ Chicken Tikka Masala
- ☐ Costco Fresh Salsa
- ☐ Del Real Carnitas
- ☐ Del Real Pork Tamales
- ☐ Del Real Pupusas
- ☐ Delimex Taquitos

- ☐ Green and Sunny Pad Thai
- ☐ Don Lee Farms Crispy Shredded Chicken Tacos
- ☐ Snap Dragon Pho
- ☐ Kevin's Paleo Chicken Meals
- ☐ Kirkland Cauliflower Crust Pizza
- ☐ Loma Chipotle Bowls
- ☐ Miltons Cauliflower Pizza
- ☐ Real Good Chicken Enchiladas
- ☐ Real Good Chicken Tenders
- ☐ Riced Cauliflower Stir Fry
- ☐ Rotisserie Chicken
- ☐ Sabatasso's Gluten-Free Pizza
- ☐ Saffron Road Vegan Indian Meals
- ☐ Sonoma Flatbread Pizza
- ☐ Sukhis Curry Meals
- ☐ True Republic Cauliflower Linguini
- ☐ Vickys Kitchen Stuffed Chicken

## **Gluten-Free Snacks**

- ☐ Autumn's Gold Paleo Granola
- ☐ Crunchmaster Gluten Free Crackers
- ☐ Food Should Taste Good Tortilla Chips
- ☐ Kirkland Organic Tortilla Chips
- ☐ Kulfi Bars
- ☐ Lara Bars
- ☐ Late July Multigrain Tortilla Chips
- ☐ Made Good Granola
- ☐ Mary's Gluten Free Crackers
- ☐ Miss Jones Keto & Paleo Brownie Mix
- ☐ Mrs. Jones Keto and Gluten Free Brownie Mix
- ☐ Namaste Gluten Free Waffle and Pancake Mix
- ☐ Nature's Own Gluten Free Granola
- ☐ Nogi Bars
- ☐ NuTrail Keto Granola
- ☐ Pro Bars Fuel
- ☐ Purely Elizabeth Granola
- ☐ Pyrana Sriracha Flavored Nut Mix
- ☐ Ready Clean Protein Bars
- ☐ Safe Fair Birthday Cake Granola
- ☐ Simple Mills Banana Muffin Mix
- ☐ Simple Mills Crackers
- ☐ Sipping Snack Bone Broth
- ☐ Siren Snacks
- ☐ Square Bars
- ☐ The Perfect Bar
- ☐ Two Moms in the Raw Granola
- ☐ Wella Bars
- ☐ Yes Peas Pea Chips