

Fearless Dining - Master Gluten-Free Costco Prepared Meals List

Updated as of 10/16/26

<https://www.fearlessdining.com>

Gluten-Free Chicken, Meat, and Seafood-Based Meals at Costco

- ☐ Rotisserie Chicken
- ☐ Kevin's Paleo Chicken Meals
- ☐ Caesar Kitchen Lemon Chicken Piccata
- ☐ Atkins Lamb Shanks
- ☐ Sukhi's Curry Meals
- ☐ Cooking Made Easy: Thai Chicken
- ☐ Chicken Tikka Masala
- ☐ Nature Raised Grilled Chicken Strips
- ☐ Chicken Skewers (Refrigerated Section)
- ☐ Del Real Carnitas
- ☐ Del Real Pork Tamales
- ☐ Del Real Pupusas
- ☐ Real Good Chicken Tenders
- ☐ Real Good Chicken Enchiladas
- ☐ Kirkland Signature Wild Alaskan Sockeye Salmon Burgers
- ☐ Kirkland Wild Smoked Salmon
- ☐ Inland Market Buttery Steakhouse Salmon
- ☐ Vicky's Kitchen Stuffed Chicken
- ☐ Angus Steak Tips – Mission Hill Bistro
- ☐ Amylu Chicken Burgers
- ☐ Aidells Chicken Meatballs
- ☐ Teton Polish Sausage
- ☐ Green & Sunny Pad Thai
- ☐ Don Lee Farms Crispy Shredded Chicken Tacos
- ☐ Snap Dragon Pho
- ☐ Kirkland Chicken Tortilla Soup
- ☐ Boulder Food's Loaded Baked Potato Soup
- ☐ Kirkland Garlic Butter Shrimp
- ☐ Fresh Additions Chicken Bites
- ☐ Fresh Additions Steak Bites

Vegetarian & Plant-Based Options

- ☐ Black Bean Burgers
- ☐ Beyond Burger
- ☐ Vegetarian Veggie Bites
- ☐ Don Lee Cauliflower Bites
- ☐ Riced Cauliflower Stir Fry
- ☐ Loma Chipotle Bowls
- ☐ Stuffed Grape Leaves
- ☐ Saffron Road Vegan Indian Meals
- ☐ Sukhi's Lemon Rice
- ☐ Sukhi's Palak Paneer
- ☐ Okami Organic Edamame
- ☐ Bibigo Prepared Rice

Gluten-Free Pizza and Deli Meats

- ☐ Milton's Cauliflower Pizza
- ☐ Sabatasso's Gluten-Free Pizza
- ☐ Sonoma Flatbread Pizza
- ☐ Banza Four Cheese Pizza
- ☐ Kirkland and Oscar Mayer Ham and Turkey Deli Meats
- ☐ Kirkland Beef Hot Dogs
- ☐ Kirkland Dinner Franks

Gluten-Free Costco Breakfast Items

- ☐ Bakery on Main Oatmeal Cups
- ☐ Three Bridges Bacon & Cheese Egg Bites
- ☐ CedarLane Steel Cut Oat Bowls
- ☐ Catalina Crunch Cereal
- ☐ EnviroKids Cereal
- ☐ One Degree Cereal
- ☐ Chex Cereals
- ☐ Sipping Snack Bone Broth