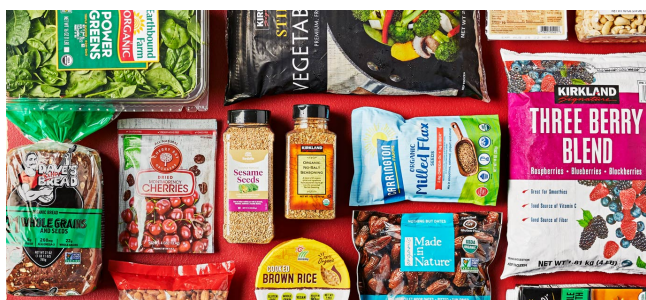


# Vegan Costco Haul: Essential Healthy Staples Recommended by Plant-Based Pros

By Courtney Davison  
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Following a whole-food, plant-based diet isn't just good for your health; it's also a smart move for your finances, with [research](#) showing that plant-based eaters tend to spend less on food than omnivores. Big-box stores offer a way to make plant-based diets even more affordable. With its wide array of fresh and frozen produce and shelf-stable staples, Costco is the budget-conscious home cook's best friend. We tapped whole-food, plant-based pros for their favorite vegan Costco products and rounded up top recommendations from our [Facebook](#) followers, as well. Add these to your shopping list and you'll be on your way to a well-stocked [plant-based kitchen](#).

## Pro Picks

Whole-food, plant-based pros share which products make their Costco memberships worth the spend.



## Unsweetened Dried Cherries

“Costco has a great price for **Cherry Bay Orchards No-Added-Sugar Dried Montmorency Cherries**. They’re tasty in oatmeal, pancakes, and cookies or savory dishes like rice pilaf, rice salad, and whole grain bread stuffing. Or sprinkle them over some banana nice cream!”

—[Katie Simmons](#), Chicago-based personal chef and founder of [Plants Rule](#)

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## Salt-Free Seasoning

“**Kirkland Signature Organic No-Salt 21 Spice Blend Seasoning** is my go-to sodium-free seasoning. I like that it has strong aromatics, such as onion and garlic flakes. It has just a hint of Italian herbs, so I find that I can use it in many different cuisines without it making a dish taste distinctly Italian.” —[Darshana Thacker Wendel](#), whole-food, plant-based chef and author of *Forks Over Knives: Flavor!*

## Vitamin B12

“Costco has a few vegetarian-friendly B12 options, including **Kirkland Signature B12** and **Nature’s Bounty B12**, and at least one is typically on sale.” —[Cleodia Martinez](#), author of *Ay Sus! Whole Food Plant-Based Global Filipino Cuisine*

## Guacamole

“Costco has individual containers of oil-free **Kirkland Signature Organic Chunky Guacamole** that they sell in bulk, so you can have a serving or two and then the rest doesn’t get brown. These are great with carrot sticks, baked chips, corn cakes, or rice cakes for a snack on the go.” —[Matthew Lederman, M.D.](#), co-author of *The Forks Over Knives Plan* and co-founder of [kinectin.com](#)

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## Heat-and-Eat Rice Cups

“The **Minsley Cooked Brown Rice** microwavable cups are super expensive on Amazon and hard to find elsewhere, but they’re always cheap at Costco in LA. This one-ingredient wonder is great to keep at the office or take on a trip if you know you’ll have access to a microwave.” —[Elizabeth Turner](#), editor in chief, *Forks Over Knives*



## Salad Greens

“Costco is the only place to shop! It’s worth the price of a membership just for the **Earthbound Farm Organic Power Greens**, a blend of baby chard, baby spinach, and baby kale, which these days costs about \$7 for 1.5 pounds. Baby greens are the most delicious, and I eat them in my daily huge salads.” —[Chef AJ](#), culinary instructor and author of *Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight* and *The Secrets to Ultimate Weight Loss*

## Dry Quinoa

“Costco sells quinoa for significantly cheaper than I’ve seen at other grocery stores, with 4.5-lb. bags of **Kirkland Organic Quinoa** for around \$12.” —[Del Sroufe](#), plant-based chef and author of *Forks Over Knives: The Cookbook* and *The China Study Family Cookbook*

## Crackers

“I enjoy the whole grain and seed texture of **Mary’s Gone Crackers Super Seed Crackers**. They’re satisfying plain or with hummus or avocado.” —Melissa Mondala, M.D., co-founder of [Dr. Lifestyle](#)

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## Pitted Dates

“The **Made in Nature Organic Dates** are a go-to. We use these plus walnuts to make delicious dessert truffles!” —[Alona Pulde, MD](#), co-author of *The Forks Over Knives Plan* and co-founder of kinectin.com

## More Vegan Costco Favorites

We also polled Forks Over Knives Facebook followers on their must-have vegan Costco products. These are the products that came up again and again.

### Frozen Foods

- Flav-R-Pac Broccoli Florets
- Imperial Garden Organic Edamame
- Kirkland Signature Stir-Fry Vegetable Blend
- Kirkland Signature Three Berry Blend

### Refrigerator

- Eat Smart Organic Cubed Fresh Butternut Squash

- Earthbound Farm Organic Power Greens
- HouseFoods Organic Tofu
- Josie’s Organics Organic Baby Spinach
- Kirkland Signature Organic Chunky Guacamole

### Nuts & Seeds

- Bob’s Red Mill Organic Golden Flaxseed Meal
- Kirkland Signature Supreme Whole Almonds
- Kirkland Signature Fancy Whole Unsalted Cashews
- Nutiva Organic Black Chia Seeds
- Rodelle Toasted Sesame Seeds
- Yupik Organic Hulled Hemp Hearts

### Whole Grains

- Bob’s Red Mill Quick-Cooking Steel-Cut Oats
- Dave’s Killer Bread
- Guerrero Corn Tortillas
- Lundberg Organic Short-Grain Brown Rice
- Minsley Cooked Brown Rice

### Pantry Basics

- Heartland Dry Black Beans
- Kirkland Signature Creamy Almond Butter
- Kirkland Signature Organic No-Salt 21 Spice Blend Seasoning
- Kirkland Signature Organic Peanut Butter
- Kirkland Signature Organic Pure Maple Syrup (Grade A)
- Kirkland Signature Organic Quinoa
- Made in Nature Organic Dates
- Mary’s Gone Crackers Super Seed Crackers
- Volupta Organic Unsweetened Cacao Powder

To learn more about a whole-food, plant-based diet, visit our [Plant-Based Primer](#). For meal-planning support, check out [Forks Meal Planner](#), FOK’s easy weekly meal-planning tool to keep you on a healthy plant-based path.