

Vitamin Cottage

Nuts & flours			Breads & deli		
Frozen, Breads/Bulk	Pasta, soups, beans, ethnic, condiments	Baking, cookies, juice, spices	Spreads, cereal	Crackers, soups	Dairy
Produce		Whole Foods		Cosmetics/Nutrition, cleaning	Tea/Chips

* = coupon, ? = only if on sale

King Sooper

Bread/Deli	(2) canned soup, canned seafood canned vegetables & beans	(7) baking, oil, spices, housewares	12 paper	Dairy
Produce	(3) Mexican, kosher, chinese, pasta & sauce, rice	(8) peanut butter, juice, condiments	Snacks	
(1) Natural Foods	(4,5,6) Frozen, juice	11 cleaning	Drugs, Cosmetics, pharmacy	

Costco

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|--|---------------------------------------|--|--------------------------|
| <input type="checkbox"/> English Muffins | <input type="checkbox"/> Potstickers | <input type="checkbox"/> Kleenex | <input type="checkbox"/> |
| <input type="checkbox"/> Baby Bels | <input type="checkbox"/> Blackberries | <input type="checkbox"/> Butter | <input type="checkbox"/> |
| <input type="checkbox"/> Tillamook | <input type="checkbox"/> | <input type="checkbox"/> Spaghetti Sauce | <input type="checkbox"/> |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Toilet Paper | <input type="checkbox"/> | |