

# Aldi Shopping List

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## Dairy:

- eggs
- egg whites
- block cheese
- butter
- Happy Farms Light Cheese (this is comparable to Light Laughing Cow Cheese)
- unsweetened almond milk
- heavy cream
- 1/3 less Fat cream cheese
- sour cream
- lg. container 0% Plain Greek Yogurt
- cottage cheese
- cheese sticks
- sliced cheese (NOT American singles, the deli kind)
- parmesan cheese
- Feta cheese

## Meat:

- deli ham (Never Any! brand)
- deli turkey (Never Any! brand)
- turkey pepperoni
- grass-fed ground beef
- ground beef
- boneless, skinless chicken breasts
- lean ground turkey
- boneless chuck roast
- whole chickens
- whole hams
- whole turkeys
- turkey bacon
- chicken thighs

## Frozen:

- vegetables (broccoli, green beans, peas, corn, spinach)
- berries
- salmon (4-pk)
- Fit & Active turkey meatballs

## Produce:

- baby spinach
- 3 pack of Romaine Lettuce
- 2# carrots
- baby carrots
- celery
- onions (red, yellow and sweet)
- green onions
- jalapenos
- cilantro
- sweet potatoes
- green cabbage
- bell peppers (green, red, yellow and sometimes minis)
- iceberg lettuce
- asparagus
- zucchini and summer squash
- garlic
- various other veggies depending on the season
- berries (strawberries, blueberries, raspberries)
- bananas
- apples
- grapes
- spaghetti squash
- butternut squash
- various other fruits depending on the season

## Jarred/Canned:

- tomatoes (diced, stewed, Italian)
- tomato paste
- tomato sauce (double check that it doesn't contain any High Fructose Corn Syrup, some shoppers have seen tomato sauce with it, but the cans I bought last night did NOT have any)
- tomatoes with green chilies (like Rotel)
- spaghetti sauce (red label has no added sugar)
- canned beans (black, kidney, garbanzo, Great Northern)
- artichoke hearts

- tuna packed in water
- unsweetened applesauce
- pumpkin (tends to be seasonal)
- diced green chilies (tends to be seasonal)
- chicken
- olives - green and black
- salmon

## Dry Grocery:

- assorted nuts (peanuts, walnuts, almonds, pistachios, etc...)
- basic spices (salt, pepper, garlic powder, onion powder, chili powder, red pepper flakes, cinnamon, Italian seasoning, seasoning salt, cumin, paprika, basil, oregano)
- cocoa powder
- olive oil
- extra-virgin olive oil
- balsamic vinegar
- Sweet Additions stevia packets (NOT the baking type in the big bag)
- brown rice
- quinoa
- low sodium soy sauce
- pure vanilla extract
- pure peppermint extract (this is a seasonal item)
- almond flour (my store does always have this in stock, so when you see it, stock up)
- coconut oil
- chia seeds
- flax seeds
- old-fashioned oats
- steel cut oats
- hot sauce
- dried beans (black, pinto, Great Northern)
- 85% dark chocolate bar
- Fit & Active Flat Bread (original kind)
- Silver Hills Sprouted Bread