

# Aldi THM 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
- \*1g. container 0% Plain Greek Yogurt
- \*cottage cheese
- \*cheese sticks
- \*sliced cheese (NOT American singles, the deli kind)
- \*parmesan 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

## Frozen:

- \*vegetables (broccoli, green beans, peas, corn, spinach)
- \*berries
- \*salmon (4-pk)

**Produce:** (most times their produce is great, but every once and a while it's not, so just double check it before purchasing)

- \*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)
- \*ice berg lettuce
- \*asparagus
- \*zucchini and summer squash
- \*garlic
- \*various other veggies depending on the season
- \*berries (strawberries, blueberries, raspberries)
- \*bananas
- \*apples
- \*grapes
- \*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
- \*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 Wheat Bread