



Aldi Grocery List Example

Drinks:

La Croix- Orange
Fit + Active Water Enhancer
Cherry Juice
Almond/Oat/Dairy Milk

Condiments:

Avocado Oil
Italian Dressing
Chipotle Ranch Dressing
Natural Peanut Butter
Pesto
Tomato Basil Pasta Sauce
Black Bean + Corn Salsa
Vegetable Broth
Garlic Powder
Cinnamon
Everything but the Bagel
Vanilla Extract
Flax Seed

Pasta/Bread:

Soybean Pasta
Edamame Pasta
Seedtastic 21 Whole-Grain Bread
Protein Wraps
Bagel Skinny's

Breakfast:

Protein Pancake Mix
Coconut Chia Seed Granola
Chia Seeds
Eggs
Egg Whites

Canned:

Black Beans
Refried Beans
Diced Tomatoes

Frozen:

Broccoli
Frozen Fruit
Riced Cauliflower
California Medley
Cut Green Beans
Sweet Corn
Earth Grown Meatballs
Earth Grown Patties
Beef, Chicken Breast,
Seafood options Available

Produce:

Any Produce Available!
I prefer to grab whatever
is currently in season.
You will be able to tell by how it looks and
how much is available