

# ALDI WHOLE30 SHOPPING LIST

## PROTEIN

- Beef (SN 100% Grass Fed Ground Beef)
- Chicken (SN whole chicken + chicken breast)
- Eggs (SN best option)
- Egg whites
- Cod (frozen)
- Salmon (frozen/fresh)
- Specially Selected Cold Smoked Salmon
- Scallops (frozen)
- Shrimp (frozen)
- Snow crab legs (frozen)
- Tilapia (frozen or fresh)
- Ahi Tuna (frozen)

## VEGETABLES + FRUIT

*Help yourself to anything (corn, peas, and lima beans are the only no-goes)! Check out the organic section, and don't forget the frozen aisle for great finds like cauliflower rice, broccoli stir fry, and Oriental stir fry (ditch the sauce packet).*

## FATS

- Avocados
- Avocado Oil
- Coconut Oil
- Ghee
- Guacamole
- Olive Oil
- Olives, Jalapeno Stuffed
- Olives, kalamata
- Olives, pitted jubilee assortment
- SG Almonds, unsalted
- SG Pistachios (all)
- SG Pecans (baking section)
- SG Walnuts (baking section)
- SG Pumpkin Seeds
- SG Pepitas (salted)
- SN Chia seeds
- SN Flax Seed
- SN Raw Almonds, Pecans, + Pistachios
- SN Raw Cashews, Walnuts, + Macadamia

## HERBS + SPICES

*Check the produce section for fresh cilantro, parsley, and mint + basil (seasonally). The Simple Nature ones are all good options. Caution with mixes: Wanted! Rubs Texas Style BBQ + Ultimate BBQ Rub are safe*

## PANTRY

- Canned pumpkin
- Canned salmon
- Casa Mamita chunky salsa
- Cocoa
- Elevation apple pie bar
- HH basil, garlic, + oregano diced tomatoes
- HH crushed tomatoes
- HH tomato paste
- Light tuna packet in water
- SN freeze dried Asian pears
- SN freeze dried strawberries
- SN kids squeezable fruit blends
- SN organic diced tomatoes
- SN organic marinara sauce
- SN tomato basil pasta sauce
- SN unsweetened applesauce
- SG California mission figs
- SG pitted dates (not chopped)
- SG raisins
- Swanson chicken bone broth
- TG artichoke hearts in water
- TG artichoke salad
- Vinegar, apple cider and white

## DRINKS

- Almond milk, FF vanilla unsweetened
- Coconut water (check labels)
- Coffee beans
- Cold brew single origin - Guatemalan + unsweetened vanilla
- GT Synergy kombucha
- Sparkling H2O, Belle Vie
- Sparkling H2O, LaCroix
- Tea