

Dirty Keto/Low Carb Shopping List for ALDI  
(Includes Clean Keto Too!)

[MyProductiveBackyard.com](http://MyProductiveBackyard.com)

Fresh Produce:

Lemons  
Limes  
Greens  
Mushrooms  
Berries  
Cucumbers  
Asparagus  
Brussels Sprouts  
Broccoli  
Cauliflower  
Green Beans  
Green Onions  
Cilantro  
Peppers  
Celery  
Cabbage  
Tomatoes  
Yellow Squash, Spaghetti Squash, Zucchini  
Eggplant  
Avocados  
Zucchini noodles  
Butternut Squash noodles (Clean but higher carb)  
Chicken Caesar Salad Bowl (Dirty)

Canned/Packaged Produce:

San Miguel Dried Chili Peppers  
Casa Mamita Diced Tomatoes with Green Chiles  
Deutsche Kuche German Style Sauerkraut  
Happy Harvest Cut Green Beans  
Happy Harvest Mushrooms Stems & Pieces

Frozen Produce:

\*A note on berries: these are high carb when listed as a cup for a serving like on the bag but it is suggested to eat them in small amounts like ¼ cup at a time so I did include them. Just go by what you would really eat!

Season's Choice Blueberries  
Season's Choice Whole Strawberries  
Season's Choice Berry Medley or Raspberries  
Simply Nature Organic Broccoli Florets or Chopped Spinach  
Season's Choice Chopped Spinach  
Season's Choice Plain or Garlic Riced Cauliflower  
Season's Choice Steamable Baby Brussels Sprouts  
Season's Choice Steamed Cut Green Beans  
Season's Choice Broccoli Florets  
Season's Choice Steamable Asparagus Spears

Baking Aisle:

Herbs, Spices, Extracts (Do check labels)  
Carlini, Simply Nature Organic or Specially Selected Premium Extra Virgin Olive Oils  
Carlini Ghee Clarified Butter  
Simply Nature Organic Coconut Oil  
Southern Grove Sliced or Slivered Almonds, Chopped Walnuts, Shelled Walnuts, Chopped Pecans or Pecan Halves  
Specially Selected Roasted Salted Macadamias  
Baker's Corner Baking Cocoa

Simply Nature Hemp Seeds, Milled or Golden Roasted Flax Seed or Chia Seeds

Sweet Additions Stevia 80 Pack

Nature's Nectar 100% Lemon Juice (Dirty)

Stonemill Minced Garlic in Water (Dirty)

### Condiments:

Park Street Deli Guacamole Classic, Spicy or Homestyle Singles, mini cups or packs (in refrigerated section)

Burman's Hot Sauce

Simply Nature Apple Cider Vinegar

Burman's Dijon, Spicy Brown or Yellow Mustard

Specially Selected Specialty Salsa; Garlic or Cilantro Lime

Casa Mamita Medium or Mild Salsa

Priano Genovese Sauce (Clean Keto) or Rosso Pesto Sauce (Dirty)

Specially Selected Premium Marinara Sauce

Simply Nature Organic Mild or Medium Salsa (in refrigerated section)

Specially Selected Kalamata Olives

Little Salad Bar Greek Feta Salad or Olives (Dirty)

Little Salad Bar Deli Style Fresh Pickles; Half Sour or Kosher Dill (Dirty)

Duke's Mayonnaise (Dirty)

Texas Pete Hot Sauce (Dirty)

Carlini White Wine or Balsamic Vinegar (Dirty and note 2 sugars in Balsamic)

Great Gherkins Kosher Dill Spears, Hamburger Dill Pickle Chips, Kosher Dill Sandwich Slices and Baby Dill Pickles (Dirty)

Specially Selected Stuffed Queen Olives Assorted Varieties (Dirty)

Tuscan Garden Spanish Manzanilla and Large Pitted Ripe Olives (Dirty)

Tuscan Garden Artichokes

Tuscan Garden Hot Jalapeno Slices

Simply Nature Organic Creamy Peanut Butter (Clean and Low Carb but peanuts are a legume so not technically Keto)

Simply Nature Creamy Almond Butter (Dirty and does have 2g of sugar)

Nuts & Snacks:

Southern Grove Whole Unsalted Almonds

Southern Grove 100 Calorie Almonds or Almonds & Walnuts

Simply Nature Raw Mixed Nuts Assorted Varieties

Clancy's Original Pork Rinds (Clean) or Hot & Spicy (Dirty)

Specially Selected Deluxe Mixed Nuts with Sea Salt (Dirty)

Southern Grove Sunflower Kernels Roasted & Salted or Unsalted (Dirty)

Elevation Carb Conscious Bars (Make sure they say "Carb Conscious at the top)(Dirty)

Fit & Active 14 Calorie Bars (Seasonal)(Dirty)

Canned/Shelf Meat:

Northern Catch Sardines in Spring Water (Clean), in Hot Sauce (Dirty)

Northern Catch Chunk Light Tuna Original in Water foil pack (Clean) or Lemon Pepper (Dirty)

Northern Catch Solid White Tuna

Northern Catch Sustainably Caught Pole & Line Chunk Light Tuna

Northern Catch Chunk Light Tuna in Water (Clean) in Oil (Dirty)

Northern Catch Pink Salmon

Brookdale Cooked Canned Ham, Luncheon Meat or Chunk Chicken Breast (Dirty)

Tuscan Garden Real Bacon Bits (Dirty)

Simms Hard Salami (Tag does not match product; Dirty)

Simms Original or Beef Summer Sausage, Beef or Turkey Snack Sticks (Dirty)

Appleton Farms Bite Size Salami Original or Spicy, Pre Sliced Italian Dry Salami (Dirty)

Mama Cozzi Sliced Pepperoni (Dirty)

Appleton Farms Fully Cooked Bacon (Dirty)

### Drinks:

Barissimo Organic Cold Brew Coffee; Mocha, Vanilla or Guatemalan (in refrigerator section)

PurAqua Italian Sparkling Mineral Water

La Croix Flavored Water Assorted Varieties

PurAqua Belle Vie Pure Sparkling Water Assorted Varieties

Coffees and Teas (Do check labels)

PurAqua Sparkling Flavored Water Assorted Varieties (Dirty)

Fit & Active Single Serve Drink Mixes (Very Dirty)(\*Maltodextrin is very controversial; so do your own research and note that it is in these drinks)

Fit & Active Liquid Water Enhancers Assorted Flavors (Dirty)

PurAqua Sparkling, Seltzer and Flavored Waters (Dirty)

### Dairy:

Kerry Gold Butter

Countryside Creamery Butter

Friendly Farms Sour Cream

Happy Farms Cream Cheese

Countryside Creamery Heavy Whipping Cream

Simply Nature or Goldhen Eggs

Fit & Active Liquid Egg Product

Friendly Farms Whole Milk Greek Yogurt (Clean but higher carb)

Friendly Farms Cottage Cheese (Dirty and 4g sugar)

Friendly Farms Unsweetened Original or Vanilla Almond Milk (Dirty)

### Refrigerated Meat:

Appleton Farms Jamon Serrano or Prosciutto (Clean) Sopressata or Capocollo (Dirty)

Specially Selected Cold Smoked Salmon

Fresh Fish, Pork, Beef, Chicken  
Appleton Farms Deli Selection (Dirty)  
Parkview Cheddar Brats (Dirty)  
Lunch Mate Oven Roasted Turkey (Dirty)  
Never Any! Chicken Sausage Tomato Basil (Dirty)  
Deutsche Kuche Bavarian or Beer Bratwurst (Dirty)  
Park Street Deli Beef Barbacoa (Dirty)  
Simply Nature Organic Oven Roasted Turkey or Smoked Turkey (Dirty)  
Appleton Farms Quarter Boneless Sliced Ham (Dirty)  
Sugardale Hickory Smoked Ham Steaks (Dirty)  
Appleton Farms Breakfast or Biscuit Ham Slices (Dirty)  
Clifty Farm Country Meats Country Ham Biscuit or Center Slice (Dirty)  
Lunch Mate Hard Salami (Dirty)  
Never Any! Turkey or Hickory Bacon (Dirty)  
Appleton Farms Thick Sliced Peppered Bacon or Flavored (Dirty)  
Appleton Farms Center Cut, Premium Sliced or Lower Sodium Bacon (Dirty)  
Appleton Farms Pork Sausage Roll (Dirty)  
Nathan's Bun Length Beef Hot Dogs (Dirty)  
Kirkwood Turkey Breakfast Sausage (Dirty)  
Parkview Polska Kielbasa or Beef Smoked Sausage (Dirty)  
Parkview Uncured Turkey Franks (Dirty)  
Appleton Farms Sliced Bacon (Dirty)  
Frank Corriher Country Sausage (Dirty)

Frozen Meat:

85% Lean Ground Beef Chub  
85/15 or 75/25 Ground Beef Patties  
Simply Nature Organic 80/20 Ground Beef Burgers  
73/27 Ground Beef Roll  
Kirkwood Ground Turkey  
Kirkwood Cornish Hens  
Kirkwood Whole Duck

Kirkwood Boneless Skinless Chicken Thighs, Chicken Wings, Breasts, or Tenderloins  
Kirkwood Boneless Turkey Breast  
Specially Selected Jumbo Scallops, Ahi Tuna, Sockeye Salmon Fillets, Black Tiger Shrimp  
Sea Queen Wild Caught Salmon, Flounder Fillets, Tilapia Fillets, Cod Fillets, Swai Fillets, Whiting Fillets, Medium Cooked Shrimp, Medium EZ Peel Raw Shrimp, Jumbo EZ Peel Raw Shrimp  
Fremont Bay Scallops, Jumbo Cooked Shrimp, Medium Raw Peeled Shrimp, Seafood Mix  
Sea Queen Salad Shrimp, Large Cooked Shrimp and Wild Caught Pink Salmon Fillets (Dirty)  
Breakfast Best Original Pre Cooked Sausage Patties or Heat 'N Serve Sausage Links (Dirty)  
Butterball or Shady Brook Farm (and other brands) Whole Turkey (Dirty)

Cheese:

Happy Farms Preferred Whole Milk Ricotta Cheese  
Priano Fresh Mozzarella in Water (Clean) or Marinated Mozzarella (Dirty)  
Priano Fresh Mozzarella Ball or Pre-Sliced Log  
Priano Parmesan or Asiago Cheese Wedge  
Specially Selected Aged Reserve White Cheddar  
Happy Farms Preferred Australian Grassfed and English Farmhouse Cheddar  
Kerrygold Irish Cheese Assorted Varieties  
Happy Farms Preferred Irish Cheddar Assortment  
Cabot Hot Habanero and Seriously Sharp Deli Bars  
Specially Selected Manchego or Gruyere Cheese  
Happy Farms Preferred Gourmet Snacking Cheese Habanero Jack  
Happy Farms Mild Cheddar or Colby Jack Cheese Cubes or Cheddar Cheese Snack Sticks  
Fit & Active Light or Happy Farms Spirals String Cheese or String Cheese

Specially Selected Gouda, Edam or Smoked Gouda  
Deutsche Kuche Butterkase Slices or Wedges  
Specially Selected Gruyere, Emmantaler & Lustenberger 1862  
Happy Farms Preferred Extra Sharp Cheddar or Gouda Cracker Cuts  
Happy Farms Preferred Mango Fire or Horseradish Cheddar  
Happy Farms Preferred Havarti Jalapeno or Creamy Cheese  
Happy Farms Wisconsin Extra Sharp Cheddar, Sharp Cheddar, Mild  
Cheddar, Colby Jack, Mozzarella, Swiss, Monterey Jack, Pepper Jack Blocks  
Pueblo Lindo Fresco Cheese  
Happy Farms Preferred Deli Sliced Havarti, Gouda, Habanero Jack, Chiptle  
Cheddar, Smoked Gouda, White Cheddar, Sharp Cheddar, Mozzarella,  
Cheddar, Pepper Jack, Muenster, Colby Jack, Swiss, Provolone  
Simply Nature Organic Deli Slices; Colby Jack, White Cheddar  
Happy Farms Preferred Goat Cheese Logs; Plain or Garlic and Herb  
Specially Selected Prosciutto Panini  
Mini Babybel Cheese  
Reggano Parmesan/ Parmesan & Romano or Seasoned Parmesan Cheese  
(Dirty)  
Specially Selected Flavored Hand Crafted Cheese (Dirty)  
Priano Shredded Parmesan Cheese (Dirty)  
Happy Farms Preferred Gouda or Swiss & Gruyere Specialty Shreds (Dirty)  
Happy Farms Preferred Feta or Blue Cheese Crumbles (Dirty)  
Happy Farms Preferred Bacon Sharp Cheddar & Sharp Cheddar Pub Spread  
(Dirty)  
Earth Grown Vegetarian Cheddar & Spice Cheddar Grilling Cheese (Dirty)  
Happy Farms Spreadable Cheese Wedges Assorted Varieties (Dirty)