

Strict Keto Shopping List for ALDI

MyProductiveBackyard.com

Fresh Produce:

Zucchini noodles

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

Canned/Packaged Produce:

San Miguel Dried Chili Peppers

Casa Mamita Diced Tomatoes with Green Chiles

Deutsche Küche German Style Sauerkraut

Happy Harvest Cut Green Beans
Happy Harvest Mushrooms Stems & Pieces

Frozen Produce:

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

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

Specially Selected Premium Marinara Sauce

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

Specially Selected Kalamata Olives

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

Canned/Shelf Meat:

Northern Catch Sardines in Spring Water

Northern Catch Chunk Light Tuna Original in Water foil pack

Northern Catch Solid White Tuna

Northern Catch Sustainably Caught Pole & Line Chunk Light Tuna

Northern Catch Chunk Light Tuna in Water

Northern Catch Pink Salmon

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)

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

Refrigerated Meat:

Appleton Farms Jamon Serrano

Specially Selected Cold Smoked Salmon

Fresh Fish, Pork, Beef, Chicken

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

Cheese:

Happy Farms Preferred Whole Milk Ricotta Cheese

Priano Fresh Mozzarella in Water

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, Emmentaler & 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