

Best 40 Low Carb & Keto Aldi Items
MyProductiveBackyard.com

Fresh Produce

Zucchini noodles

Chicken Caesar Salad Bowl

Cold Brew Coffee (near premade salads)

Guacamole Singles, Classic, Spicy and Homestyle

Condiments

Simply Nature Apple Cider Vinegar

Specially Selected Specialty Salsa; Garlic or Cilantro Lime

Priano Genovese or Rosso Pesto Sauce

Duke's Mayonnaise

With Peanut Butter (on an end aisle in my Aldi)

Peanut Butter and Almond Butter: here peanut butter may be a better choice than almond butter. Yes, it is peanuts, which is a legume and could be inflammatory but the ingredients are peanuts and salt. The only almond butter contains cane sugar. HOWEVER: If you look at the Total Carb/Fiber/Sugars you will see the peanut butter says 7/3/1 and the almond butter says 7/3/2 for the same 2 Tbsp serving so I will include them both for your comparison. This totally depends on what is important to you.

With Spaghetti

Simply Nature Organic Bean Pasta

Specially Selected Premium Marinara Sauce

Pickles, Olives, Peppers; most are fine-some special ones

Kalamata Olives

Stuffed Queen Olives

Coffee Aisle

Premium Assorted Teas

Canned Meat Aisle

Real Bacon Bits

Fully Cooked Bacon

Northern Catch Pink Salmon

Baking Aisle

Flaxseed, Roasted and Milled

Stevia

Baking Cocoa

Ghee

Hemp Seeds

Chia Seeds

Breads (These are not wheat free but considered low carb and fine for some; personal choice)

L'Oven Fresh Zero Net Carbs Bread; Multiseed and Wheat

Dairy

Two Good Yogurt

Grassfed Cheese

Kerrygold Cheeses

Refrigerated Meat

Cold Smoked Salmon

Nathan's Hot Dogs

Milk Case

Kerrygold Butter

Unsweetened Almond Milk

Snack Aisle

Original Pork Rinds

100 Calorie Nut Packs (usually on the end of the aisle)

Sunflower Kernels

Elevation Bars (there are many different kinds; be sure to get the ones that say "Carb Conscious" at the top)(usually on the end of the aisle)

Drink Aisle

Fit & Active Liquid Water Enhancers

LaCroix

Frozen Section

Riced Cauliflower

14 Calorie Bars (these were a seasonal item; I loved them!)

Add to these; meat, fresh and frozen vegetables, eggs, pickles, olives, cooking oils, butter, block cheeses and nuts.

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