

# An Aldi Shopping Guide



Aldi has jumped to the top of my list as a **FAVORITE** grocery shopping experience. If you have not been there, be open minded... it takes a bit to figure it out.

Make sure to bring your own bags (you'll bag your own groceries) and also a quarter as you will 'rent' a shopping cart.

Probably the **BIGGEST** reason I do 70% of my shopping at Aldi is that in the age of inflation, it truly feels like it has been immune to the price increases. You get way more bang for your buck.

Aldi is a German owned discount grocery store and keeps it's prices very low by offering a smaller variety of offbrand products (about 900 total) and maintains mostly a 'self service' approach which also keeps overhead very low.

The only downside of Aldi – you won't find every namebrand of items you love. *Example: Jif's Natural Peanutbutter.*

I LOVE Aldi for it's variety of fruits/vegetables, cheeses and dairy products. Many of it's products adopt European farming practices so even if not stated 'organic', the companies do not use pesticides, antibiotics, chemicals, etc. in much of their produce, meat, dairy. At times, I prefer shopping Aldi over Costco/Sam's when I am looking for smaller quantity of items. Look for the brands liveGfree (many great gluten free products) & Simply Nature (often organic, 'clean' ingredients)





And then there's **THAT ONE CENTER AISLE:** This aisle confused me the most upon my first shopping experience – so many random household goods but alas, I usually find something I can't live without here, including gym equipment. For \$1.99 – you can order and pick up your groceries which I use often.

Here is an idea of what I shop for and stock up on: (just like Sam's/Costco, they cycle through their offerings so I can't guarantee what's listed here will still be in stock and you may stumble upon some other exciting offerings as well).

Have an awesome variety of nuts including cashews, almonds, macadamia nuts, etc. – some with flavoring and others raw or roasted. Also Pepitas & sunflower seeds

**Dark Chocolate:** Beautiful dark chocolate variety – aim for 70% cacao or more. Can have approx. 2 ounces per day. Side Note: Aldi offers some of the best and CHEAPEST varieties of German chocolate. Seriously – stock up on several flavors and discover your favorite!

**Almond or peanut butter:** they stock a couple of 'natural' brands

**Bread & Wraps:** there are several awesome whole grain, low-carb & "protein" options Fit & Active 100% Whole Wheat, Simple Nature Sprouted Grain & Organic options, Sourdough (3 ingredients), Sandwich Skinny's, L'oven Fresh Zero Net Carbs Bread, liveGfree Whole Grain, liveGfree and L'oven protein wraps also. All freeze well and you can use them as needed.



**Fresh Produce:** load up! I love Aldi's variety! My favs: asparagus, brussels sprouts, cilantro, green onion, broccoli, cauliflower, potatoes & sweet potato, spaghetti squash, variety of lettuce including bagged lettuce, etc. Pick your favorites! I love their zucchinis and jalapeños. Avocados here also!

Also – there are a couple of bottled salad dressings in the refrigerated produce section that are made with 'expeller pressed' oils – the safe, good kind.

\*A great quick, fast meal would be to mix up one of the many premixed, bagged salads they have and eat with a piece of grilled, baked or roasted meat & side of sweet potato and/or roasted vegetable! Add more greens and variety to the bagged salads (the dressing they come with is not the \*best\* quality for health but 1-2x/week is fine).

\*Another fun find & treat in the produce section are the stuffed spinach and cheese mushrooms.

**Cheese/Dairy/Deli meat section:** variety of hummus, olives, prosciutto, a couple of nice cheeses. Fun flavors and snack options galore! Prices and variety are SO GREAT and there's even pasture raised, non-gmo options like the Kerrygold brand. I look for the natural, antibiotic free deli meats – there is a rotisserie one that is our favorite and prices, again, are awesome.

**Refrigerated take & bake:** try the cauliflower crust pizzas! Recommendation is to cook it on a pizza stone or pizza pan where the crust can get crispy.





### Stock Your Pantry:

Grab the edamame, garbanzo and/or black bean pasta! You can have meatless delicious cold or hot pasta options with this! A GREAT plant based, high protein option (once you adapt to the color of the noodles). I love to roast veggies and add them to the noodles with marinara or alfredo.

**Cans of items for soups and other recipes:** Black beans, chickpeas, tuna, salmon, diced tomatoes, olives, mushrooms, etc. They have a nice variety of specialty olives including my favorite – kalamata. Near the olives, there are small bags of real crumbled bacon that I like to have on hand for egg bakes, jalapeno poppers (instead of wrapping the jalapenos with bacon, I just add bacon crumbles to cream cheese + shredded cheese SO savory and less work and delicious).

Also, they carry Rao's pasta sauce which everyone raves is the absolute best.

**Baking section:** box of stevia packets that I use for yogurt, oatmeal, Flax seed if you want to add to salads or smoothies, Chia Seed for pudding recipes and even their regular & mini chocolate chips as they are flavored with real vanilla vs. artificial vanillin (I use these in my power pancakes or overnight oatmeal recipes almost every day)

Side note – there are a LOT of healthier snack options scattered throughout Aldi but I typically direct you towards more whole, real foods as usually most of us don't need help with figuring out how to get more snacks into our day.





**Oil:** GREAT selection of healthy oils - Avocado, EVOO, coconut oil, and they have a nice coconut oil cooking spray

**Seasonings:** Everything Bagel seasoning, any other seasonings staples you need to stock up on – they are CHEAP and I've had no issues with them!

\*\*I always have a couple of cans of the diced tomatoes + chiles on hand found in the Mexican food section and also cans of diced green chiles. Corn tortillas for quesadillas or in place of bread are great (I'll fry them up a bit and use them like toast or make little ham & cheese quesadillas. An awesome gluten free option as well). I also like their packets of taco seasoning

**Oatmeal:** (whole grain, rolled oats is best) and granola in the cereal aisle (specifically the Simply Nature Coconut Cacao or Dark Chocolate & Sea Salt Super Foods granola). 100% pure maple syrup, honey, agave for sweeteners

**Fresh meats:** absolutely love the variety of their fresh meats. LOVE the Pork Carnita & BBQ pork loin (preseasoned and such a great crockpot meal. Always a crowd pleaser and if you are feeding many, grab two!), also have a variety of seasoned Pork roasts/loins, ground beef, steak, Beyond Burgers, and we love the breakfast and ground Italian sausage.

Check out all chicken options. We like the chicken tenders and will make low carb parmesan chicken fingers. Love the boneless, skinless chicken thighs and also fresh bratwurst options.





**In the refrigerated section past the fresh meat:** Ground pork sausage by the bacon is great for quiches or to make your own seasoned Italian or breakfast sausage and some of the lowest bacon prices you'll find.

Eggs, cream, almond/coconut milk. Greek yogurt options as well – read labels and check for sugar, better creamer option for coffee.

There are nice butter, cream cheese, cottage cheese, sour cream, shredded cheese and Greek yogurt options here. Full fat options are fine.

**Frozen section:** Stock your freezer with any options: burgers, chicken, seafood – the best. So many Wild Caught (vs. farm raised) options. LOVE their scallops – these are a must when you want to treat yourself!

There are nice frozen vegetable options for roasting or air frying, cauliflower rice, and frozen fruit that can be used for smoothies

Sparkling water (not much for variety at Aldi – lots of other options at other stores)

**AND finally...** don't forget a Hair dryer, door mat, drawer organizers, fitness equipment and any home decor needed from that center aisle

