

WORK. PLAY. MOMMY.

MY ALDI WHOLE30 SHOPPING LIST

Aldi items change from time and time and vary by location. Take care to check labels to watch for added sugars, sweeteners, soy lecithin, and dairy.

Item	Quantity	Item	Quantity
Eggs	5	Chicken Bone Broth	32 oz
Mini Cucumbers	2	Chia Seeds	12 oz
Red Grapes	2 lb	Avocados	4
Grape Tomatoes	2	Zucchini	2 bags
Baby Carrots	1	Green Beans	1 bag
Bananas	3 lb	Riced Cauliflower	2
Canned Mushrooms	1	Pesto	1
Tomato Sauce	2	Red Onions	1 bag
Blueberries	1 pt	Multi-colored peppers	3 ct
Roma Tomatoes	16 oz	Frozen Green Beans	16 oz
Lemons	2lb	Mandarins	3 lb
Limes		Unsweetened coconut milk	64 oz
Sweet Potatoes	3 lb	Coconut flakes	14 oz
Organic Baby Spinach	5 oz	Brussels Sprouts	1 lb
Steamable Broccoli Florets	2	Almond Flour	1 bag
Family Pack of Chicken Breasts		Navel Oranges	4 lb
Medium Raw Peeled Shrimp	12 oz	Pears	2 lb
Boneless Center Cut Pork Chops	1 lb	Organic salsa	16 oz
Fresh Coho Salmon	1 lb	Cilantro	
Black Angus Choice Cubed Steak	1.5 lb	White mushrooms	8 oz
Red Potatoes	5 lb	Extra Virgin Olive Oil	
Salami	16 oz		
Grilled Chicken Strips	6 oz		
Coconut Oil	14 oz		