

ALDI SHOPPING LIST

avocado (2)	steel-cut oats
whole-grain rye bread	quick oats
SimplyNature Organic Whole Wheat Spaghetti	quinoa
SimplyNature Organic Marinara Sauce	flaxseed
jarred pizza sauce	walnuts
tomato paste	bread crumbs
pre-made pizza crusts	hot sauce
tomatoes (2)	mayo
Asian chopped salad kit	mustard
red bell peppers (I like the bag of small sweet bell peppers)	soy sauce
spinach + arugula leaves for salad	extra virgin olive oil
mushrooms	chicken broth
asparagus	salt
broccoli	pepper
brussels sprouts	thyme
garlic	Greek yogurt
white onions	Mozzarella cheese
red onions	Parmesan cheese (grated)
apples	Cheddar cheese
strawberries	blue cheese crumbles
unsweetened almond milk	6 large chicken breasts
2 dozen eggs	Mediterranean Salmon (comes pre-seasoned)
	ground turkey

