

ALDI SHOPPING LIST

strawberries	frozen cauliflower
blueberries	one head fresh cauliflower)
goat cheese	mushrooms, two packs
almonds	panko bread crumbs
dried cranberries	olive oil and/or avocado oil
raspberry vinaigrette	parmesan cheese
spinach leaves	chicken broth
hummus	cheddar cheese
mini cucumbers	mozzarella cheese
regular cucumber (1)	unsweetened almond milk
carrots	honey
cauliflower	Greek yogurt
tomatoes	eggs
jarred garlic	egg whites (one carton)
chia seeds	steel-cut oats
sunflower seed bread (or rye or pumpernickel)	regular oats
peanut butter	brown or white rice
bell peppers (I like the mini ones)	linguine or fettuccini noodles
white onions, small bag	chicken breast (2 packs)
zucchini	pork sirloin roast
broccoli, two bunch (or 2 bags of frozen broccoli)	1 bag shrimp, frozen (large)
	steak (6 oz. per family member)
	low-sodium chicken broth

