### Aldi Keto Shopping List

#### Baking & Cooking
- ☐ Almond Flour
- ☐ Coconut Oil
- ☐ Spices
- ☐ Chia Seeds
- ☐ Cocoa Powder
- ☐ Avocado Oil
- ☐ Olive Oil

#### MEATS & FISH
- ☐ Chicken
- ☐ Salami
- ☐ Turkey Sausage
- ☐ Bacon
- ☐ Lunchmeat
- ☐ Bacon Bits
- ☐ Steak
- ☐ Pork Chops
- ☐ Shrimp
- ☐ Salmon
- ☐ Canned Tuna
- ☐ Tilapia

#### DAIRY
- ☐ Unsalted Butter
- ☐ Cream Cheese
- ☐ String Cheese
- ☐ Unsweetened Almond Milk
- ☐ Eggs
- ☐ Heavy Whipping Cream
- ☐ Half & Half
- ☐ Babybel Cheese
- ☐ Cheese Slices or Block Cheese
- ☐ Sour Cream
- ☐ Kerrygold Butter

#### BEVERAGES
- ☐ Water
- ☐ Gatorade Zero
- ☐ LaCroix Sparkling Water
- ☐ Ground Coffee or Kcups
- ☐ Vodka
- ☐ Rum

#### FRUITS & VEGETABLES
- ☐ Green Beans
- ☐ Broccoli
- ☐ Cucumbers
- ☐ Bell Peppers
- ☐ Avocados
- ☐ Cauliflower Rice
- ☐ Mushrooms
- ☐ Grape Tomatoes
- ☐ Romaine Lettuce
- ☐ Asparagus
- ☐ Celery
- ☐ Kale
- ☐ Garlic
- ☐ Lettuce
- ☐ Squash
- ☐ Spinach
- ☐ Berries (Raspberries, Strawberries, Blueberries, Blackberries)

#### SNACKS
- ☐ Olives
- ☐ Parmesan Crisps
- ☐ Pickles
- ☐ Cashews
- ☐ Pork Rinds
- ☐ Pepperoni
- ☐ Peanuts
- ☐ Almonds
- ☐ Sunflower Seeds

#### CONDIMENTS & MISC
- ☐ Almond Butter
- ☐ Dijon Mustard
- ☐ Salsa
- ☐ Natural Peanut Butter
- ☐ Ghee
- ☐ Bone Broth