

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

- Whiskey
- Light Beer
- Dry Wine

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