

Aldi Real Food Shopping List



These items are in addition to those found on the paleo shopping list.

Frozen

SimplyNature organic chunky strawberry fruit bars
Simply Nature organic creamy banana fruit bars
SimplyNature organic creamy coconut fruit bars
Frozen fruit & vegetables

Pantry

SimplyNature organic marinara pasta sauce
SimplyNature organic quinoa
Earthly Grains conventional quinoa
Simply Nature organic rice
SimplyNature organic 100% apple juice
SimplyNature organic popcorn
SimplyNature sweet potato chips
SimplyNature exotic vegetable chips
SimplyNature twisted fruit ropes (various flavors)
SimplyNature Kids organic fruit squeezies
SimplyNature Kids organic fruit & veg squeezies
Simply Nature organic fruit snacks
Organic cane sugar
Organic brown sugar
Various nuts & seeds
Various dried fruits

Cooler & Frozen

Various conventionally raised beef, pork, and poultry

Commonly Stocked Fresh Produce

Fruits

Apples
Avocados
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Grapefruit
Honeydew
Kiwi
Lemons

Limes
Mangos
Nectarines
Oranges
Peaches
Pears
Pineapple
Plantains
Plums
Pomegranate
Raspberries
Red/green grapes
Strawberries
Watermelon

Vegetables

Asparagus
Bell peppers
Baking potatoes
Broccoli
Brussels sprouts
Butternut squash
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Garlic
Green beans
Hydroponic lettuce
Kale
Mushrooms
Onions
Tomatoes
Red potatoes
Romaine
Spinach
Sweet potatoes
Tomatoes
Yellow squash
Zucchini