

Aldi Paleo Shopping List



Frozen & Cooler

SimplyNature frozen organic strawberries
SimplyNature frozen organic blueberries
Frozen yuca
Frozen plantains/maduros
Various frozen fruits & vegetables
Guacamole

Pantry Items

SimplyNature organic spices
SimplyNature organic coconut oil
Olive oils
Stonemill pure vanilla extract
Stonemill pure almond extract
Stonemill pure lemon extract
Stonemill pure peppermint extract
SimplyNature organic free range chicken broth
SimplyNature organic coffee cups
SimplyNature organic tomato basil pasta sauce
Simply Nature organic tomato paste
Simply Nature organic thick & chunky salsa
SimplyNature wildflower honey
Southern Grove chia seeds
Southern Grove flax seeds
SimplyNature creamy almond butter
Southern Grove pitted dates
Deutsche Küche jar red cabbage with apples
Deutsche Küche whole grain mustard
Maple syrup grade A
Nuts: walnuts, pecans, almonds, pistachios
Various canned organic vegetables (read labels)

*Dairy *if tolerated*

SimplyNature organic milk
SimplyNature organic deli cheese slices
SimplyNature organic shredded cheese
Specially Selected goat cheese logs

Meats

SimplyNature organic 100% grass fed 85/15 beef
Lunchmate Never Any! uncured black forest ham
Appleton Farms uncured bacon *no added nitrates
Specially Selected prosciutto
Breakfast chicken sausage
Nature Raised Farms chicken (veg fed, quality living standards)

Seafood

All listed seafood is wild caught

Frozen Specially Selected premium ahi tuna steaks
Frozen Sea Queen snow crab legs
Frozen Sea Queen wild caught scallops
Frozen whiting
Frozen pollack
Frozen Specially Selected mahi mahi
Canned Oysters
Canned Sardines
Canned Tuna - various
Northern Catch pole & line sustainably caught skipjack

Commonly Stocked Organic Fresh Produce

Selection varies by season & location

Apples
Bananas
Blackberries
Blueberries
Raspberries
Strawberries
Carrots
Grapes
Kale
Spinach
Salad Mix
Tomatoes

Clean 15 & Paleo Conventional Produce

Asparagus
Avocados
Cabbage
Cantaloupe
Cauliflower
Eggplant
Grapefruit
Kiwi
Mango
Onions
Pineapple
Plantains
Sweet Potatoes