

Aldi's Paleo Shopping List

The paleo diet is designed to resemble what human hunter-gatherer
Ancestors ate thousands of years ago.

YES – Meat, Fish, eggs, vegetables, fruits, nuts, seeds, herbs, spices, healthy fats and oils

NO – Processed foods, sugar, soft drinks, grains, most dairy products, legumes, artificial sweeteners, vegetable oils, margarine and trans fats

Fresh Produce

- Organic Celery
- Organic Broccoli
- Butternut squash
- Cilantro
- Cucumbers
- Mushrooms
- Onions
- Spaghetti Squash
- Zucchini
- Organic Kale
- Organic Pears
- Bananas
- Organic Apples
- Kiwi
- Dates
- Organic Strawberries
- Avocados
- _____
- _____
- _____
- _____

Meats/Eggs

- No Sugar Bacon
- Whole Organic Chicken
- Organic Ground Beef
- Pasture Raised Eggs
- Wild Salmon
- Lunch Meat
- _____
- _____
- _____

Oils/Sauces/Butter Seasoning

- Almond Butter
- Organic Grass Fed Butter
- Honey
- Apple Cider Vinegar
- Avocado Oil
- Coconut Oil
- Almond Flour
- Flax Seeds
- Chia Seeds
- Organic Chicken Broth
- Small Jar Salsa
- Spices
- Organic Pasta Sauce
- _____
- _____

Snacks/Nuts

- Pumpkins Seeds
- Pistachio Nuts
- Freeze Dried Fruit
- Walnuts
- Pecans
- Applesauce
- Olives
- Coconut Crisps
- _____
- _____

Drinks

- Almond Milk
- Coconut Water
- Kombucha