



NUTS & SEEDS

Look for: Raw seeds and nuts, or those roasted with salt or compliant oil.

Chia seeds
Flax seeds
Pistachios
Cashews
Almonds
Walnuts
Sliced almonds
Pine nuts
Pecans

Check the baking aisle also for slivered & pieces!

DRIED FRUITS & SNACKS

Look for: Dried fruits with no ingredient other than the fruit. Healthy snacks with only a few ingredients, making sure they're compliant.

Raisins
Dates

SAUCES, OILS, CONDIMENTS & SPICES

Look for: Clean ingredient lists, sauces, healthy fats and oils, garnishes to add flavor to your dishes!

Coconut oil
Olive oil
Apple cider vinegar
Balsamic vinegar
Diced tomatoes
Applesauce
Tomato paste

Pasta sauce
Hot sauce
Olives
Artichokes
Roasted peppers
Salsa
Spices

MEAT & PROTEIN

Aldi best buys are:

Whole chickens
eggs
unprocessed cuts of meat (no sausage, marinated cuts, etc)

FRESH & FROZEN PRODUCE

Look for: Fresh produce; easy frozen options that can be cooked in smaller quantities. Any produce is game on Whole30- the more veggies the better!

Best Aldi buys:
Sweet potatoes
organic mixed greens
berries
avocados

BEVERAGES

Look for: Flavored seltzer with no added sweeteners.

Aldi's store brand seltzer
Almond milk (check ingredients!)
Coconut water