

Real Food Shopping List



This list is based on my top food picks from Aldi, based on the [Live Simply real food definition](#). This list doesn't represent all the food options available at Aldi. This guide isn't affiliated with Aldi.

BAKING/COOKING STAPLES

Sweeteners:

- Organic white sugar: Zulka
- Organic honey: Simply Nature
- Maple syrup grade A: Specially Selected
- Pitted Dates: Southern Grove

Oils:

- Olive oil: Carlini
- Coconut oil: various

Vinegars:

- White distilled vinegar, for cleaning

Spices:

- Various bottles: Stonemill-read ingredient list

Grains, Rice, Pasta:

- Brown Rice Pasta: Live G Free
- Rice-Basmati and Jasmine: various

Misc.:

- Rolled and steel cut oats: Millville
- Active dry yeast: Baker's Corner
- Unsweetened applesauce
- Unsweetened cocoa powder: Baker's Corner
- Diced and crushed tomatoes: Fit & Active, Happy Harvest
- Flax seed: Southern Grove
- Cooked beans (canned): Simply Nature
- Baking soda: Baker's Corner
- Chia seeds: Southern Grove
- Raisins: Southern Grove

- Nuts: Read the labels (stick with raw or dry roasted).
- Pumpkin puree: Baker's Corner (may be seasonal)
- Pure vanilla extract: Stonemill Essentials
- Jam: Specially Selected

CONDIMENTS

Misc.:

- Mustard
- Almond butter: Simply Nature
- Jam: Specially Selected
- Sauerkraut: Happy Harvest

DAIRY AND EGGS

Meat/Seafood:

- Grass-fed ground beef: Simply Nature
- All-natural whole chicken (or breasts): Nature-Raised Farms

Dairy:

- Butter: Countryside Creamery Salted
- Cheese: Simply Nature, Happy Farms (purchase blocks, not shredded cheese), various
- Sour cream: Friendly Farms (not organic, but only two ingredients)

PREPARED FOODS

Snacks:

- Dried fruit (raisins, etc)- read the ingredient list

- ❑ Unsweetened applesauce
- ❑ Blue corn tortilla chips: *Simply Nature*
- ❑ Fruit squeeze pouches: *Simply Nature*
- ❑ Lightly unsalted popcorn: *Simply Nature*
- ❑ Medium salsa: *Simply Nature*
- ❑ Fruit strips: *Fit & Active*

BEVERAGES

Coffee and Tea:

- ❑ Coffee (*Fair-Trade available*)
- ❑ 100% fruit juice

PRODUCE

Organic:

- ❑ *Various produce items: small selection*

Conventional:

- ❑ *Shop according to the “Buy Organic” list, if possible:
large selection*

Frozen:

- ❑ *Fruits*
- ❑ *Veggies*

