

ALDI AIP SHOPPING LIST

PRODUCE

- ☐ Organic Arugula/Spinach Mix
- ☐ Organic Baby Spinach
- ☐ Organic Spring Mix
- ☐ Organic Chopped Kale
- ☐ Organic Carrots
- ☐ Organic Baby Carrots
- ☐ Organic Mini Cucumbers
- ☐ Boston Lettuce
- ☐ Brussels Sprouts
- ☐ Asparagus Spears
- ☐ Portabella Mushrooms
- ☐ Sweet Potatoes
- ☐ Spaghetti Squash
- ☐ Whole Peeled Garlic Cloves
- ☐ Pineapple Spears
- ☐ Mango Slices
- ☐ Organic Avocados
- ☐ Gala Apples
- ☐ Pink Lady Apples
- ☐ Cantaloupe
- ☐ Whole Pineapples
- ☐ Papayas
- ☐ Organic Blueberries
- ☐ Organic Strawberries
- ☐ _____

REFRIGERATED

- ☐ Prosciutto
- ☐ GT Synergy Kombucha—
Trilogy, Cosmic Cranberry,
Gingerberry, Gingerade,
- ☐ Smoked Salmon-check labels
- ☐ Turkey Lunch Meat (Simply
Nature)

MEAT/POULTRY

- ☐ Ground Turkey
- ☐ Free-Range Organic Whole Chicken
- ☐ Boneless Skinless Chicken Tenderloins
- ☐ Split Chicken Breasts
- ☐ Chicken Thighs
- ☐ Whole Chicken
- ☐ Organic Chicken Breasts
- ☐ Beef Patties
- ☐ Lean Ground Beef
- ☐ Boneless Beef Country Style Ribs
- ☐ Black Angus Strip Steak
- ☐ Organic Ground Beef
- ☐ Cedar Plank Salmon
- ☐ Pork Chops
- ☐ Pork Loin
- ☐ Pork Ribs
- ☐ Ground Pork (Never Any brand)
- ☐ Uncured Hickory Smoked Bacon (Never Any brand)
- ☐ Ground Lamb
- ☐ _____
- ☐ _____

FROZEN FOODS

- ☐ Organic Blueberries
- ☐ Organic Strawberries
- ☐ Berry Medley
- ☐ Cherry Berry Blend
- ☐ Pineapple Chunks
- ☐ Tropical Blend
- ☐ California Medley
- ☐ Vegetables
- ☐ Organic Cubed Butternut
- ☐ Squash
- ☐ Organic Chopped Spinach
- ☐ Organic Broccoli Florets
- ☐ Asparagus Spears
- ☐ Brussels Sprouts
- ☐ Cauliflower Rice
- ☐ Beef Burger Patties
- ☐ Jumbo Scallops
- ☐ Mussels
- ☐ Wild-Caught Alaskan Cod
- ☐ Wild Alaskan Pink Salmon
(Northern Catch, Fremont)
- ☐ Raw or Cooked Shrimp-
Various Sizes
- ☐ Cornish Game Hens

PANTRY

- ☐ Peppermint Tea
- ☐ Green Tea
- ☐ German Style Sauerkraut
(Deutsche Küche)
- ☐ Coconut Flour (Simply Nature)
- ☐ Baking Soda
- ☐ Organic Coconut Oil
(Simply Nature)
- ☐ 100% Pure Avocado Oil
- ☐ Extra Virgin Olive Oil
- ☐ Coconut Oil Spray (Simply Nature)
- ☐ Various Dried Herbs
Garlic Powder, Cinnamon,
Ginger, Oregano, Turmeric.
Pink or White Sea Salt- Grinder
- ☐ Organic Wildflower Honey
- ☐ 100% Pure Maple Syrup
- ☐ Organic Apple Cider Vinegar
- ☐ Red Wine Vinegar
- ☐ White Wine Vinegar
- ☐ Balsamic Vinegar
- ☐ Stonemill Pure Vanilla Extract
- ☐ California Raisins
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____