



KETO APPROVED ALDI GROCERY SHOPPING LIST

Our fans have been asking for months for us to make a Keto Shopping List for Aldi Grocery Stores, so we flew out to a state that has an Aldi and shopped around to make you guys a video and a list. Keep in mind that some brands or options may be seasonally offered, while some may differ by store or region of the country. This Keto Grocery Shopping Guide is designed to highlight most or at least some of the Keto-friendly food items that you may be able to find at your local Aldi.

Aldi is a German-owned discounted grocery chain that has mostly really small stores, and to get through the store you have to practically walk past every item as the aisles snake towards the registers. Think IKEA's layout but on a Walgreen's sized scale (or perhaps smaller). The stores are not very large, so it can make getting in and out an easy task. They remind me somewhat of a Fresh and Easy grocery store, except they are still in business. Additionally, not only are they still in business, but they appear to be thriving.

There are likely some items at your local Aldi that are still Keto-friendly that I may not have on the list. Feel free to leave a comment at the bottom of the page to let us know some of your favorites in case we missed them, so that we can look into them and add them to the list for others to find at their stores.

Aldi bought Trader Joe's grocery stores recently, though the two stores continue to offer their own unique brands and product offerings. If you want to print out our Trader Joe's Keto list, or watch our shopping video, see below:

YOU CAN ACCESS OUR [KETO APPROVED TRADER JOE'S SHOPPING LIST HERE.](#)

KETO APPROVED ALDI GROCERY SHOPPING LIST

NUTS: (Be aware that some nuts sold at grocery stores are cooked in Peanut Oil, Sunflower Oil, or other non-keto oils and you will want to avoid those!)

- Southern Grove Pumpkin Seeds (Roasted)
- [Simply Nature Chia Seeds](#)
- Southern Grove Almonds (Oven Roasted)
- Southern Grove Pistachios (Roasted)
- Southern Grove Cashews
- Simply Nature Golden Roasted Flax Seed
- Specially Selected Oven Roasted & Salted Macadamia Nuts
- Southern Grove Chopped Walnuts

BAKING GOODS:

- Baker's Corner Baking Cocoa
- Baker's Corner 100% Pure Pumpkin
- Sweet Additions Stevia Sweetener Packets

SNACKS:

- Canned Boneless Sardines
- Canned Salmon
- Canned Tuna
- Canned Chicken Breast
- Tuscan Garden Large Pitted Black Olives
- Tuscan Garden Spanish Manzanilla Olives
- Specially Selected Kalamata Olives
- Tuscan Garden Quartered Artichoke Hearts

OILS:

- Simply Nature Unrefined Coconut Oil
- Simply Nature 100% Pure Avocado Oil
- [Carlini Extra Virgin Olive Oil](#)
- Carlini Ghee Clarified Butter

CONDIMENTS:

- Simply Nature Organic Apple Cider Vinegar
- [Tabasco Sauce](#)

- Great Gherkins Hamburger Dill Pickle Chips
- Tuscan Garden Pepper Rings
- Tuscan Garden Jalapeno Slices
- Stone Mill Minced Garlic

COLD CASE ITEMS:

- Countryside Creamery Pure Irish Butter
- Kerry Gold Softened Pure Irish Butter
- Happy Farms Cream Cheese
- Friendly Farms Sour Cream
- Galbani Mozzarella String Cheese Sticks
- Little Salad Bar Chunky Guacamole
- Little Salad Bar Homestyle Guacamole
- Most Block or Sliced Happy Farms Cheeses
- Season's Choice Riced Cauliflower

DRINKS:

- PurAqua Belle Vie Bold Flavored Waters
- La Croix Sparkling Water
- Countryside Creamery Heavy Whipping Cream

PRODUCE:

- Romaine Lettuce Hearts
- Celery Sticks
- Asparagus
- Broccoli
- Mushrooms
- Strawberries
- Blueberries
- Zucchini
- Cucumbers
- Bell Peppers
- Avocados
- Spinach
- Kale

MEATS:

- Appleton Farms Bacon
- Cattlemen's Ranch Black Angus Unseasoned Beef Patties

- Honeysuckle White Frozen Turkey
- Pork Chops
- Ribeye Steaks
- New York Strip Steaks
- Ground Beef
- Rack of Lamb
- Lamb Chops
- Rotisserie Chicken
- Fresh Atlantic Salmon
- Sea Queen Haddock Fillets
- Sea Queen Flounder Fillets
- Sea Queen Tilapia Fillets
- Sea Queen Cooked Shrimp
- Fremont Fish Market Raw Shrimp
- Sea Queen Pink Salmon Fillets
- Specially Selected Scallops
- Fremont Fish Market Bay Scallops
- Specially Selected Sockeye Salmon Fillets
- Lobster Tails
- Fremont Fish Market Snow Crab Legs
- Chicken Thighs
- Chicken Party Wings
- Chicken Fryer Drumsticks
- Eggs