



Aldi Healthy Shopping List for the 5+1 Plan

All items contained on this Aldi Shopping List are approved for those on the 5=1 plan.

Aldi Healthy Shopping List Frozen Items:

- Sea Queen Shrimp (cooked and raw)
- Sea Queen Wild Caught Pink Salmon Fillets
- Sea Queen Wild Caught Flounder Fillets
- Sea Queen Tilapia Fillets
- Specially Selected Ahi Tuna Steaks
- Never Any Chicken Breasts
- Broccoli Florets
- Green Beans
- Earth Grown Vegan Zesty Italian Meatless Meatballs (10 meatballs is 1 lean - no healthy fat needed on 5&1)
- Sea Queen Wild Caught Teriyaki or Chipotle Salmon Burgers (2 burgers is 1 lean - no healthy fat needed on 5&1)
- Kirkwood Mexi Cali Style Chicken Burgers (1.25 burgers is 1 lean - no healthy fat needed)
- Kirkwood Mediterranean Style Chicken Burgers (1 burger is 1 lean -1 healthy fat needed)

Aldi Healthy Shopping List Meat Items:

- Fit & Active Ground Turkey (93% lean)
- Appleton Farms Turkey bacon (divide and freeze for future needs; 2 slices count as 1 oz towards protein/lean of the day)

- Kirkwood Mild Turkey Breakfast Sausage (2.5 oz count as 1/2 lean, need 1/2 lean from a source with less sodium)
- Never Any Country Style Chicken Breakfast Sausages (2 1/2 links count as 1/2 lean, need 1/2 lean from a source with less sodium)
- Never Any Mild Italian Chicken Sausage (1 link counts as 1/2 lean, need 1/2 lean from a source with less sodium)

Aldi Healthy Shopping List Produce:

- Spinach
- Broccoli
- Cauliflower
- Cauliflower Rice (sometimes not in stock)
- Zucchini
- Tomatoes (cherry/grape or Roma)
- Bell Peppers (any color)
- Asparagus
- Cucumbers
- Baby Bella Mushrooms
- Avocados

Aldi Healthy Shopping List Dairy Items:

- Happy Farms Spreadable Cheese Wedges (original and Garlic & Herb)
- Friendly Farms 1% cottage cheese
- Simply Nature Organic Unsweetened Almond Milk
- Fit & Active Cheese Sticks
- Countryside Creamery Butter with Canola Oil
- Happy Farms Reduced Fat Cheese
- Eggs
- Liquid Egg Whites

Aldi Healthy Shopping List Other Items:

- Powdered Peanut Butter
- Sweet Additions Sweetener packets (Stevia or sucralose)
- Extra Virgin Olive Oil
- Carlino Cooking Spray (olive or canola oil)
- Apple Cider Vinegar
- Almonds (and other nuts)
- Pickle Spears
- La Vie Sparkling water
- Low Sodium Taco Seasoning
- Black Olives (canned)
- Fit & Active diced tomatoes (seasonal)

- Mama Cozzi's Turkey Pepperoni (1 oz can count towards your lean)
- Simply Nature Aged Balsamic Vinaigrette (1 TBSP is 1 healthy fat)
- Fit & Active Light Balsamic Vinaigrette (2 TBSP is 1 healthy fat)