## Going Keto at Aldi

**Produce**
- Chopped Kale
- Romaine Hearts
- Mushrooms
- Brussels Sprouts
- Spring Mix/Spinach
- Cucumbers
- Jalapenos
- Broccoli

**Meat**
- Bacon
- Pork Sausage
- Ground Beef
- Chicken: Wings/Thighs/Breasts/Whole
- Pork Butt Roast
- Pork Chops

**Dairy/Eggs**
- Cheese Sticks
- Shredded Cheese
- Sliced Cheese
- Cream Cheese
- Butter
- Sour Cream
- Almond Milk
- Eggs
- Heavy Cream

**Frozen**
- Riced Cauliflower
- Steamable Veggies
- Salmon
- Tilapia
- Shrimp
- Scallops
- Grilled Chicken Strips
- Sausage Patties
- Grassfed Burgers

**Deli**
- Bite Size Salami
- Cold Cuts
- Guacamole Cups
- Olives
- Smoked Salmon
- Hot Dogs

**Household**
- Toilet Paper
- Paper Towels
- Trash Bags
- Laundry Detergent
- Tin Foil/Plastic Wrap

**Pantry**
- Grated Parmesan
- Mayonnaise
- Dill Pickles
- Tomato/Marinara Sauce
- Yellow/Dijon Mustard
- Peanut/Almond Butter
- Almond Flour
- Olive Oil
- Olive Oil Cooking Spray
- Avocado Oil
- Coconut Oil
- Apple Cider Vinegar
- Coconut Milk
- Pistachios
- Sunflower Seeds
- Pork Rinds
- Almonds
- Beef/Chicken Broth
- Sparkling Water
- Coffee
- Spices:

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