

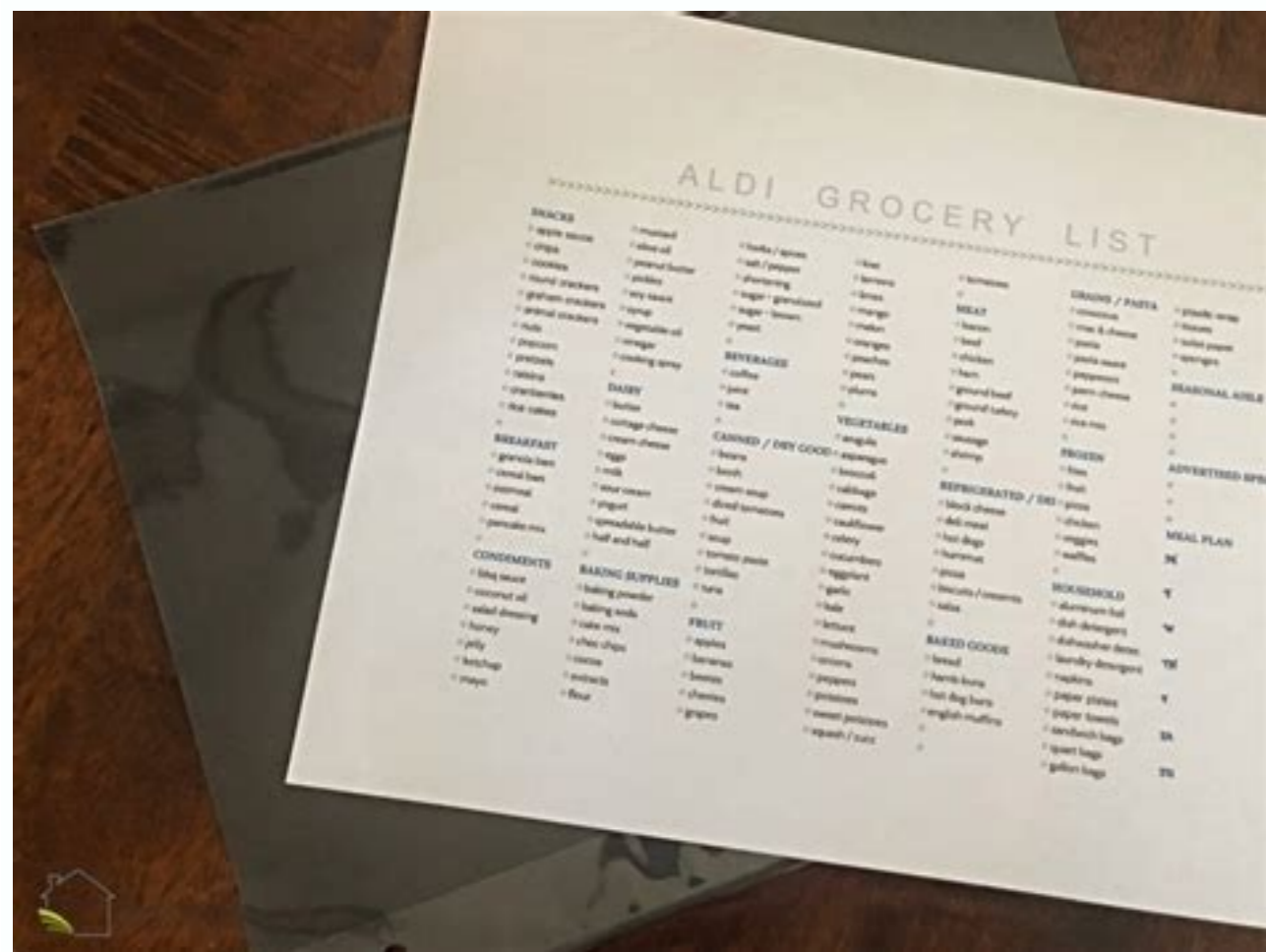
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FREE PRINTABLE

HEALTHY ALDI SHOPPING LIST



RealMomNutrition.com



GROCERY SHOPPING LIST

Meats & Dairy

- 1 Quarter Boneless Ham
- 3 lb. Frozen Boneless Skinless Chicken Breast
- 1.5 lb. Fresh Chicken Breast
- 1 Dozen Large Eggs
- 1 Package Shredded Cheese
- 1 Package Sliced Cheese

Produce

- 3 lb. Gala Apples
- 1 Bag Fresh Spinach
- 1 Sweet Onion
- 3 Avocados
- 2 lb. Carrots
- 1 qt. Strawberries
- 1 Package Green Peppers
- 1 Package Multi-Colored Peppers
- 3 lb. Sweet Potatoes
- 1 Bunch of Bananas
- 1 Seedless Cucumber
- 1 Package Mushrooms
- 1 Package Asparagus

Dry Goods

- 1 Loaf of Bread
- 1 Jar of Salsa
- 1 Can of Black Beans
- 1 Bottle Italian Dressing

queenoffree.net

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