

Aldi Brand Recommendations

Check out this list for some healthy brands and foods to pick up on your next shopping trip.

Dairy:

Friendly Farms Non-Fat Plain Greek Yogurt
Friendly Farms Cottage Cheese
Countryside Creamery Pure Irish Butter
Lifeway Lowfat Kefir
Happy Farms Light String Cheese
Happy Farm Spreadable Cheese Wedges
Happy Farms Neufchatel Cream Cheese
Park Street Deli Snack Selects

Oikos Triple Zero Greek Yogurt
Siggi's (0-2%) Greek Yogurt
Daisy Cottage Cheese (0-2%)
Polly-O Low Fat String Cheese

Eggs:

Simply Nature Grade A Organic Cage Free Eggs
Goldhen Cage Free Large Eggs Grade A
Goldhen Free Range Large Brown Eggs
Goldhen Pasture Raised Large Brown Eggs
Goldhen Liquid Egg Whites

Meats:

Amylu Chicken Sausage
Amylu Chicken Burgers
Kirkland Signature Organic Chicken (Whole, Breast)
Kirkland Signature Grass Fed Beef
Kevin's Natural Foods

Breads/Wraps:

Dave's Killer Bread
Mission Carb Smart Tortillas
Folio's Cheese Wraps
Crepini Egg Thins Wraps
Real Coconut Wraps
Outer Aisle Cauliflower Thins

Frozen Vegetables:

Tattooed Chef Organic Greens 5
Kirkland Signature Stir Fry Vegetable Blend
Kirkland Signature Organic Zoodles
Kirkland Signature Cauliflower Rice
Kirkland Signature Broccoli
Imperial Organic Garden Edamame
Nature's Intent Sensible Noodles

Frozen Fruits:

Kirkland Signature Three Berry Blend
Kirkland Signature Organic Cherries
Kirkland Signature Wild Frozen Blueberries

Frozen Proteins:

Kirkland Signature Wild Alaskan Pink Salmon
Trident Seafoods Frozen Alaskan Salmon Burgers
Kirkland Signature Mahi- Mahi, Cod, Sockeye Salmon, Halibut, Seabass
Kirkland Signature Frozen Shrimp

Protein Bars/Shakes:

Kirkland Signature Protein Bars
RX Bars
Simply Protein Bars
Orgain Organic Protein Powder
Orgain Clean Protein Shakes
Orgain Organic Protein Powder
Orgain Simple Protein Powder
Orgain Keto Collagen Peptides
Vital Proteins Collagen Peptides
FairLife Nutrition Plan Shakes
FairLife Core Power Shakes

Dips/Spreads:

Kirkland Signature Organic Hummus
Kirkland Signature Organic Guacamole
Cups
Wholly Guacamole Classic Guacamole Mini
Cups

Nuts/Seeds:

Kirkland Nuts (Almonds, Walnuts,
Pistachios and More)
Manitoba Harvest Organic Hemp Hearts
Kirkland Organic Hemp Hearts Nature's
Intent Organic Chia Seeds Sprouted
Pumpkin Seeds

Pantry Items:

Kirkland Brand Peanut Butter, Almond Butter, Mixed Nut Butter
Kirkland Brand Avocado Oil, Olive Oil, Coconut Oil
Chosen Foods Avocado Oil Spray
Kirkland Signature Organic Chicken Stock
Kirkland Signature Brand Herbs, Spices, Vanilla Extract
Kirkland Signature Almond Flour
Earthly Choice Cauliflower Rice

Wild Planet Tuna/Salmon
Safe Catch Wild Ahi Tuna Packets
Canned Beans
Canned Coconut Milk
Raos Tomato Sauce

Simple Mills Almond Flour Crackers
Mary's Gone Crackers
Whisps Parmesan Cheese Crisps
Good Bean Roasted Chickpeas

Seeds of Change 90 Second Brown Rice/Quinoa Blend
Kirkland Brand Organic Quinoa
Banza Chickpea Pasta
Explore Black Bean Spaghetti

Catalina Crunch Cereal
NuTrail Keto Granola

Beverages:

Friendly Farms Unsweetened Almond Milk
Friendly Farms Coconut Milk

Kirkland Signature Unsweetened Organic
Almond Milk (Regular and Vanilla)
Kirkland Signature Flavored Seltzer