

Aldi's WW Shopping List

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Fit & Active Groceries

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SMARTPOINTS

- Chicken Broth – 1 cup
- Egg Substitute – 1/4 cup
- Grilled Chicken Bites – 3 oz
- Liquid Egg Whites
- Non Fat Greek Yogurt
- Non Fat Yogurt
- Petite Diced Tomatoes – 1/2 cup
- Strawberry Lemonade Flavored Beverage – 8 oz
- Sugar Free Apricot Preserve – 1 tbsp
- Sugar Free Raspberry Preserve – 1 tbsp

1

SMARTPOINT

- Assorted Fruit Flavored Snacks – 1 pouch
- Chicken Noodle Chunks Style Soup – 1 cup
- Fat Free Whipped Topping – 2 tbsp
- Light Mayonnaise – 1 tbsp
- Oven Roasted Turkey Breast – 2 oz
- Turkey Bacon – 1 slice
- Wheat Bread – 1 slice
- White Bread – 1 slice
- Lightly Salted Rice Cakes - 1 Cake
- Light String Cheese - 1 Piece
- Vanilla Cream 20 Calorie Bars w/fruit
- Light Balsamic Vinaigrette - 2 tbsp

2

SMARTPOINTS

- Chocolate Rice Snacks – 7 chips
- Cracked Pepper Turkey Breast Tenderloins – 4 oz
- Cream of Chicken Condensed Soup 1/2 cup
- Lean Turkey Polska Kielbasa – 2 oz
- Light Cucumber Ranch Dressing – 2 tbsp
- Low Fat Devil's Food Cookie Cakes – 1 cake
- Multigrain Wraps – 1 wrap
- Ranch Rice Snacks – 9 chips
- Raspberry Fruit Strip – 1 strip
- Reduced Fat Light Balsamic Vinaigrette Dressing – 2 tbsp
- Reduced Fat Provolone Cheese Deli Slices – 1 slice
- Rice Snacks – 8 mini cakes
- Smokey Honey Ham – 2 oz
- Strawberry Fruit Strips – 1 strip
- Vegetable Beef Homestyle Soup – 1 cup
- Wheat Bread 40 cal – 2 slices

3 SMARTPOINTS

- 101 Calorie Smoked Almonds – 1 pouch
- 2% Milk Mexican Shredded Cheese Blend – 1/4 cup
- Blueberry with Yogurt Drizzle Vitality Cereal Bar – 1 bar
- Crinkle Cut Fries – 16 pieces
- Hardwood Smoked Turkey Franks – 1 link
- Lean Ground Turkey – 4 oz
- Lite Fruit Cocktail – 1/2 cup
- Reduced Fat Cream Cheese – 2 tbsp
- Reduced Fat Light Ranch Dressing – 2 tbsp
- Reduced Fat Sharp Cheddar Cheese – 1 oz
- Tomato, Garlic, Onion Pasta Sauce – 1/2 cup
- Traditional Pasta Sauce – 1/2 cup

4 SMARTPOINTS

- Baked Chocolate Wafer Snacks – 1 package
- Butter Flavor Microwave Popcorn – 3 tbsp unpopped
- Instant Brown Rice – 1/2 cup
- Reduced Fat Wheat Crackers – 18 crackers
- Turkey Meatballs – 6 meatballs
- Sour Cream and Onion Cracker Crisps – 1 oz
- Sweet Italian Sausage – 1 link
- Whole Grain Waffles – 2 waffles

5+ SMARTPOINTS

- 100 Calorie Dipped Pretzels – 1 pouch **5 SmartPoints**
- Chicken Parmesan – 8 oz **5 SmartPoints**
- Chickenless Patties – 1 patty **5 SmartPoints**
- Fudge Ice Cream Bar – 1 bar **5 SmartPoints**
- Roasted Olive Oil and Couscous – 1/3 cup **5 SmartPoints**
- Unsalted Almonds – 1/4 cup **5 SmartPoints**
- Unsalted Dry Roasted Peanuts – 40 pieces. **5 SmartPoints**
- Chocolate Flavored Drizzle Multigrain Crisps – 1 oz **6 SmartPoints**
- Cranberry Walnut Protein Meal Bars – 1 bar **6 SmartPoints**
- Fruit and Grain Cereal Bars – 1 bar **6 SmartPoints**
- Whole Grain Rotini Pasta – 3/4 cup **6 SmartPoints**
- Chocolate Flavored Weight Loss Shake – 1 bottle **7 SmartPoints**
- Chocolate Peanut Butter Protein Meal Bars – 1 bar **7 SmartPoints**
- Turkey Breakfast Sausage Sandwiches – 1 sandwich **7 SmartPoints**
- Spanish Quinoa Rice Blend – 1/3 cup **7 SmartPoints**
- Strawberry Protein Meal Bar – 1 bar **7 SmartPoints**

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Simply Nature Groceries

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SMARTPOINTS

- Organic Natural Spring Mix
- Organic Black Beans
- Thick and Chunky Mild Salsa | 2 Tbsp
- Low Sodium Free Range Chicken Broth
- Organic Refried Black Beans | ½ Cup
- Oven Roasted Turkey Breast | 2 Oz
- Organic Baby Spinach

1

SMARTPOINT

- Country Style Sausage with Sage and Thyme | 1 Link
- Unsweetened Vanilla Almond Milk | 1 Cup
- Organic Garlic Hummus | 2 Tbsp
- Unsalted Rice Cakes | 1 Cake
- Whole Wheat Bread | 1 Slice

2

SMARTPOINTS

- Sprouted 7 Grain Bread | 1 Slice
- Marinara Premium Pasta Sauce | ½ Cup
- Chicken Noodle Soup | 1 Cup
- French Vanilla Creamer | 1 Tbsp
- Organic Lentil Soup | 1 Cup
- Spicy Italian Chicken Sausage | 1 Link

3 SMARTPOINTS

- Organic Seedtastic Bread | 1 Slice
- Oat So Healthy Honey Oat Bread | 1 Slice
- Olive Oil and Sea Salt Popcorn | 3 Cups
- Skim Milk | 1 Cup
- Roasted Red Pepper Dressing | 2 Tbsp
- Chunky Strawberry Fruit Bar | 1 Bar
- Raspberry Lemonade Twisted Fruit Rope | 1 Snack
- Pretzel Slims | 1 Oz

4 SMARTPOINTS

- Organic Yellow Corn Tortilla Chips | 10 Chips
- Organic Light Agave Nectar | 1 Tbsp
- Milled Flax Seed | 3 Tbsp
- Blue Corn Tortilla Chips | 8 Chips
- Wildflower Honey | 1 Tbsp
- Organic Quinoa | ¼ Cup
- Kids White Cheddar Puffs | 1 Pouch
- Herbs and Spices Popcorn | 3 Cups
- BBQ Flavored Popped Chips | 26 Chips
- Kale Veggie Burgers | 1 Burger
- Organic Vanilla Soy Milk | 1 Cup
- Homestyle Turkey Meatballs | 4 Meatballs

5+ SMARTPOINTS

- Oats and Flax Instant Oatmeal | 1 Packet **5 SmartPoints**
- Vegetable Chips | 15 Chips **5 SmartPoints**
- 2 % Reduced Fat Milk | 1 Cup **5 SmartPoints**
- Quick Cook Brown Rice | ¼ Cup **5 SmartPoints**
- Oatmeal Pancake Mix | 1 ¾ Oz **5 SmartPoints**
- Whole Wheat Pancake Mix | 1 ¾ Oz **5 SmartPoints**
- Sweet Potato Corn Tortilla Chips | 9 Chips **5 SmartPoints**
- All Natural Rainbow Quinoa | ¼ Cup **5 SmartPoints**
- Maple Spice Instant Oatmeal | 1 Packet **6 SmartPoints**
- Linguini | 2 Oz **6 SmartPoints**
- Quinoa and Brown Rice | 1 Cup **7 SmartPoints**
- Creamy Cashew Butter | 2 Tbsp **7 SmartPoints**
- Pumpkin and Flax Granola | ¾ Cups **8 SmartPoints**
- Organic Shells and White Cheddar | ½ Package **8 SmartPoints**
- Almond and Coconut Fruit and Nut Bar | 1 Bar **8 SmartPoints**
