CHOMP SHOPPER

ALDI GROCERY LIST

FAMILY OF 4 · ONE WEEK · BRING A QUARTER

FREE PRINTABLE

TRIP DATE _____

PRODUCE 11

- ○ Bananas — 1 bunch
- ○ Apples — 3 lb bag
- ○ Clementines — 1 bag
- ○ Grapes or strawberries — 1 container
- ○ Carrots — 2 lb bag
- ○ Romaine hearts — 1 pack
- ○ Bell peppers — 3-pack
- ○ Broccoli crowns — 2
- ○ Russet potatoes — 5 lb bag
- ○ Yellow onions — 3 lb bag
- ○ Garlic — 1 pack

BEVERAGES 1

- ○ Ground coffee — 1 can

MEAT & SEAFOOD 5

- ○ Boneless chicken breasts — ~3 lb
- ○ Ground beef — 2 lb
- ○ Pork chops — 1 pack
- ○ Smoked sausage — 1 pack
- ○ Sliced deli turkey — 1 pack

DAIRY & EGGS 7

- ○ Large eggs — 2 dozen
- ○ Milk — 2 gallons
- ○ Shredded cheddar — 16 oz
- ○ Sliced cheese — 1 pack
- ○ Yogurt cups — multipack
- ○ Unsalted butter — 1 lb
- ○ Sour cream — 16 oz

PANTRY 7

- ○ Pasta — 2 boxes
- ○ Long-grain rice — 2 lb bag
- ○ Chicken broth — 1 carton
- ○ Taco seasoning — 2 packets
- ○ Peanut butter — 1 jar
- ○ Cereal — 2 boxes
- ○ Rolled oats — 1 canister

BAKERY 3

- ○ Sandwich bread — 2 loaves
- ○ Hamburger buns — 1 pack
- ○ Flour tortillas — 1 pack

CANNED & JARRED 3

- ○ Pasta sauce — 2 jars
- ○ Black beans — 2 cans
- ○ Diced tomatoes — 2 cans

FROZEN 4

- ○ Mixed vegetables — 2 bags
- ○ Berries — 1 bag
- ○ Pizza — 2
- ○ Waffles — 1 box

SNACKS 3

- ○ Tortilla chips — 1 bag
- ○ Crackers — 1 box
- ○ Granola bars — 1 box

HOUSEHOLD 3

- ○ Paper towels — 1 pack
- ○ Dish soap — 1 bottle
- ○ Trash bags — 1 box

SIZING FOR YOUR HOUSEHOLD

FEWER THAN 4

One gallon of milk and one loaf of bread. Freeze half the chicken and beef on shopping day.

5 OR 6 PEOPLE

Add a gallon of milk, a third dozen eggs, a loaf of bread and a second pack of chicken.

7 OR MORE

Double produce, dairy, bread and meat. Add one more of each pantry staple.

KEY NUMBERS

25¢	Unlocks a cart. You get it back when you return it.	**Wednesday**	New ALDI Finds go on sale.
Tue after 8 pm	Least busy. Busiest: Saturday 10 am–2 pm.	**~$4,000 a year**	Aldi's estimate of what a family of four can save.

BEFORE YOU GO A quarter • Reusable bags, boxes or a cooler bag • This list • A look at the week's specials

TIPS

1. **Bag at the counter**
   Cashiers put items back in your cart. Have payment ready.
2. **Twice as Nice Guarantee**
   Covers Aldi-exclusive items. Bring the receipt and packaging.
3. **Watch the Finds aisle**
   It changes weekly and is easy to overspend in.
4. **Compare receipts**
   Keep one from your usual store to check your savings.

Not affiliated with Aldi. Pack sizes vary. Closed Thanksgiving, Christmas, New Year's Day, Easter.