

# Aldi Shopping List

Favourite products to add to your next shopping list



## **Brannans Butchery Marinated Split Chicken**

At a mere \$4.99/kg this chicken is delicious & oh so versatile. Cook it on the BBQ & serve with salad or bake in the airfryer & have lunch for the week. In our house the California BBQ is always on the menu.

## **Cheese**

Is there anything better in life than cheese? And Aldi's range of cheese is a cheese-lover's dream, personally I love the thin cheese slices & add them to my go-to easy turkey roll-up lunches.

## **Taste Nation Teriyaki Chicken**

A new product to Aldi's range & one I hope is here to stay. With only 5g of carbs per 200g serve & a massive 36.8g of protein, this one is a winner. Head to the freezer section & grab this baby today.

## **Kenny's ice-cream**

Aldi's low-cost version of the famous Halo Top ice-cream, this frozen treat ranges from 270-360 calories per a 475ml tub. Who says you can't enjoy sweet treats post-surgery.

## **Berg Salami Stix**

Perfect to keep in the car or your handbag for when you get a dip in blood sugar or have forgotten to eat (a thing many a bariatric warrior knows all too well). At only 78 calories its the perfect on the go snack.

## **Bakers Life Higher Protein Bread & Buns**

You don't have to miss out on sandwiches & burgers thanks to these babies. At 23.6g of protein & 5g carbs (for 2 slices, why not indulge in bacon & eggs with a side of toast.

## **Berg Deli Sliced Turkey Breast**

Turkey is an amazing protein-full, low fat meat & this sliced version is perfect for sandwiches or quick an easy lunches. Make my go-to turkey roll-ups.