

ALDI Shopping snack list.....convenient/tasty/good value

Name	Add to	Average price
Nuts (almond/cashew/hazelnut)	Cereal/yogurt/dinners	1.50
Dried fruit (Apricots)..big bag	Cereal/yogurt/smoothies	2.50
Seeds(milled/whole)	Cereals/smoothies/salads	
Crackers (oat/rice/corn/rye)	Cheese/hummus/nut butter	1.00
Houmous (plain/Chilli/Gralic)	Crackers/raw veg	0.80
Pesto (good oils)	Crackers/salads/pasta	1.30
Cheese (mozerella/Edam/feta)	Crackers/fruit/dinners	2.20
Nut butter	Crackers/fruit/smoothies	2.50
Olives (good oils)	Cheese/salads	
Yogurts (..Skyr.brooklea...protein ++)	Cereals/smoothies	
Frozen berries/Frozen fruit	smoothies	2.00
Fresh fruit (all kinds)	On its own	
Granola pots		
Porridge (1kg)		0.99
Popcorn	15 bags	1.69

Good places to buy lunch boxes/flasks.....Mr Price/Tesco

Basic smoothie recipes :

1. Frozen fruit (berries/mango/mixed)....(fill blender cup to 2/3)
2. Water 150ml
3. High protein yogurt (Brooklea/Fage/Skyr/Glenisk)...2 big spoons (100g)
4. Honey 1tsp
5. 1 banana

(add 1 scoop whey powder if you want more protein or drop honey and banana if you want lower carbs. Always good to add Veg...spinach/carrot/kale