

High Protein Aldi Staples

For busy weeks and busy moms

Breakfast Proteins

- Greek Yogurt (15–17g per cup)
- Cottage Cheese (12g per ½ cup)
- Protein Waffles (12g per serving)
- Protein Powder (30g per scoop)
- High-Protein Milk (14g per cup)

Lunch Proteins

- Grilled Chicken Strips (~20g per serving)
- Deli Meat (9–10g per serving)
- Canned or Pouch Tuna
- Canned Chicken
- Protein Shakes (~30g per bottle)

Dinner Anchors

- Chicken Breast or Thighs
- Ground Beef or Turkey
- Protein Pasta (10g per serving)
- Beans (7–9g per ½ cup)
- Edamame

Pantry Backups

- Beef Jerky or Meat Sticks (10–14g)
- Protein Bars (10–20g)
- Protein Granola
- Peanut Butter
- Eggs

Weekly Protein Structure

- 2 dairy protein sources
- 2 meat or poultry options
- 1 convenience protein
- 1 pantry bulk protein