

# Week 3 AIP/Keto Meal Plan

## MONDAY

### **Breakfast: Ground Pork Pattie and Sautéed Veggies**

On AIP you cannot use typical sausage due to the pepper seeds and spices in commercial brands. You can make your own using AIP approved spices (See AIP food list). Cook veggies in oil of your choice.

KETO: You can use sausage and add egg or cheese if you desire

### **Lunch: Tuna Salad**

Use tuna packed in oil and mix with onion powder and seasoning of your choice. Mix together and place on top of a bed of lettuce.

KETO: You can use mayo in your tuna along with dill pickle relish.

### **Dinner: Steak with Grilled Veggies and Asparagus**

Choose the cut of steak you prefer (or you can even use ground beef to make hamburger steak). Grill veggies in oil and cook asparagus your preferred way. Make enough steak for lunch tomorrow

## TUESDAY

### **Breakfast: Bacon and Avocado Slices**

KETO: Prepare eggs any way you like scrambled, boiled, or poached to pair with bacon.

### **Lunch: Steak and Salad**

Toss greens and sliced veggies in oil of choice and 1 tsp of apple cider vinegar. Place sliced steak on top of salad veggies.

KETO: You can skip the oil/vinegar and add a high fat dressing of choice along with cheese.

## **Dinner: Taco Skillet**

Recipe Link: <https://unboundwellness.com/one-pan-taco-skillet-dinner/>

Omit the cumin and chili powder for AIP. Cook extra ground beef for meal prep tomorrow.

KETO: You can add cheese, sour cream and a little salsa.

## **WEDNESDAY**

### **Breakfast: Bacon Berry Coconut Crisp**

Ingredients: 4-5 strips of bacon cooked crispy, ¼ cup blueberries, ¼ cup shredded coconut.

Drain most fat from pan then toast the coconut in the bacon drainage. Pour the warm coconut over the blueberries and add chopped crispy bacon on top. Eat with a spoon.

### **Lunch: Taco Salad**

Use leftover ground beef from dinner meal prep and create salad using lettuce, avocado, cilantro, and fresh veggies. Toss greens in oil prior to building salad.

KETO: You can add cheese, sour cream, and salsa to taste.

### **Dinner: Pork Loin with Steamed Broccoli**

Slice the pork loin and pan fry in any type of fat you prefer to increase the fat ratio. Toss all veggies in fats as well. Save leftover pork for lunch.

## **THURSDAY**

### **Breakfast: Superfruit Smoothie**

Combine in blender 1 cup either unsweet almond milk (Keto) or coconut milk (AIP) with ¼ cup berries (preferably frozen or add ice), spinach, 1 TBSP MCT oil, and sweetener of your choice.

### **Lunch: Southwest Salad with Pork**

Recipe Link: <https://realplans.com/aip-meal-plans/recipes/southwest-salad-pork/>

Omit the plantain chips and mango in the recipe to keep this low carb.

KETO: Can add cheese if desired

### **Dinner: Chicken with Roasted Veggies**

Cook chicken in oil of your choice and place broccoli, cauliflower, and Brussel sprouts on cookie sheet drizzle olive or avocado oil over them and roast in oven at 425 for 20 minutes.

## **FRIDAY**

### **Breakfast: Ground Pork Pattie and Sautéed Veggies**

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KETO: You can use sausage and add egg or cheese if you desire

### **Lunch: Chicken and Salad**

Use leftover chicken from dinner over salad greens tossed in oil and 1 tsp apple cider vinegar.

### **Dinner: Fish of Choice (Salmon, Trout, Catfish) and sautéed veggies**

Pan-fry your favorite fish using oil or butter (Keto). Sautee any leftover veggie you need to use up.

## **SATURDAY**

### **Breakfast: Choose Your Favorite Breakfast**

Choose between breakfast casserole, mug cake, smoothie, or meat with veggies.

### **Lunch: Thai Meatballs**

Recipe Link: <http://adventuresinpartaking.com/2016/02/thai-meatballs-aip-paleo-low-fodmap/>

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### **Dinner: Chicken and Shrimp Stir-Fry**

Recipe: <https://lowcarbyum.com/chicken-and-shrimp-stir-fry/>

KETO: You can use soy sauce instead of the coconut aminos

## **SUNDAY**

### **Breakfast: Choose Your Favorite Breakfast**

Choose between breakfast casserole, mug cake, smoothie, or meat with veggies.

### **Lunch: Choose Your Favorite Lunch**

Basic AIP meal is a meat and veggie with fats added in preparation of each. If you are eating out, try to stick steak or chicken with broccoli or a bun-less burger with salad.

### **Dinner: AIP Italian Burgers with sautéed Zucchini**

Recipe link: <https://healingautoimmune.com/aip-italian-burgers-recipe-paleo>

KETO: You can add Italian cheeses and low-carb marinara sauce

## **DRINKS**

1. **AIP Bulletproof Coffee** (hot or iced) - Use unsweet coconut creamer found in dairy section and MCT Oil in your coffee with sweetener of choice
2. **AIP Chai Tea Latte** (hot or iced) - Brew chai tea and add 1 tablespoon coconut cream (if you purchase in can it is the solid part on top). Blend with a drink mixer or blender if you use solid coconut cream.

## DESSERTS

### 1. Coconut Porridge

Recipe Link: <https://realplans.com/aip-meal-plans/recipes/coconut-porridge/>

Omit the banana and use berries. Substitute stevia, swerve, or monkfruit for the coconut sugar.

### 2. Cinnamon and coconut fat bombs

Recipe link: <http://www.joannafrankham.com/sugar-free-cinnamon-and-coconut-fat-bombs-aip-compliant/>

## SNACKS

Full-fat yogurt (or coconut yogurt if AIP), berries, pork rinds, olives, pickles, nuts (keto only), High fat dips with veggies, pate with veggies, bacon strips, and cheese (keto only).



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