

Week 3 AIP/Keto Food List

This list does not include the optional desserts and snacks

PRODUCE

Green Peppers (KETO only)

Onions

Cauliflower (florets and grated/riced in bags or you can buy head to grate)

Broccoli

Zucchini

Tomatoes (KETO only)

Brussel sprouts

Mushrooms

Avocado (and pre-made guacamole if you're doing tacos)

Salad greens (spinach leaves and Kale or a combo)

Berries (your choice)

Asparagus

Cilantro

Limes

MEATS

Ground Sausage (or ground pork for AIP)

Bacon

Chicken

Ground Beef (80/20)

Steak

Salmon (or your favorite fish)

Pork loin

Shrimp

DAIRY/EGGS (KETO ONLY)

Eggs

Heavy Cream

Butter

Shredded cheese

Sour Cream

Unsweet Almond milk

DAIRY-FREE ALTERNATIVES (AIP ONLY)

Unsweet Coconut Milk

Unsweet Coconut creamer (in dairy dept of store)

Whole Fat Coconut Cream (canned in international section of most stores)

PANTRY

Olive or Avocado oil

MCT oil (for bulletproof coffee)

Mayo (full fat version for KETO)

Apple Cider Vinegar

Black Olives

Salsa (KETO only)

Minced garlic

Coconut Aminos (used in the place of soy sauce in AIP recipes)

Unsweet Shredded Coconut.

Low-carb Marinara Sauce

Fish Sauce (used for flavoring in lots of AIP recipes)

Assorted salad dressings (High-fat ones like blue cheese or ranch KETO or a vinaigrette for AIP)

Spices (Garlic powder, Onion powder, Pink Himalayan Salt, mint, ginger, Italian seasoning)

Keto-friendly sweetener (Stevia, Swerve, Monkfruit, etc)