

# Week 4 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)

Mushrooms

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

Salad greens (spinach leaves and Kale or a combo)

Berries (your choice)

Cilantro

Shredded cabbage

Broccoli Coleslaw

## 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)

## **MEATS**

Ground Sausage (or ground pork/sage sausage for AIP)

Bacon

Rotisserie Chicken

Ground Beef (80/20)

Steak

Salmon (or your favorite fish)

Pork Chops

Chicken breast

## **PANTRY**

Olive or Avocado oil

MCT oil (for bulletproof coffee)

Mayo (full fat version for KETO)

Apple Cider Vinegar

Black Olives

Salsa (KETO only)

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

Tex-Mex seasoning (Keto)

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)

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