

Week 5 AIP/Keto Meal Plan

MONDAY

Breakfast: Keto Breakfast Fat Bombs or AIP Ground Pork Pattie with Sauteed Veggies

RECIPE: <https://www.castironketo.net/blog/keto-breakfast-fat-bombs>

This makes 10 egg fat bombs at about 250 calories each. Great meal prep for those on Keto.

AIP: Cook extra patties and sautéed veggies as meal prep for future breakfast meals

Lunch: Quick Chicken Salad

Use canned chicken (or can dice fresh if you have left overs), mix with mayo (Keto) or 1 tablespoon of olive oil (AIP), stir in diced onions, dill pickle relish, dash garlic powder and salt to taste. Serve over a bed of lettuce.

Dinner: Low-Carb Meatloaf (AIP option below) with Mashed Cauliflower

RECIPE: <https://www.geniuskitchen.com/recipe/lauries-low-carb-meatloaf-69708>

KETO: You can add butter and or sour cream to cauliflower or make this loaded version: <https://thehealingspoon.com/loaded-cauliflower-mash/>

AIP: The meatloaf recipe is not AIP-compliant. So instead, combine ground beef with garlic powder, onion powder, and parsley. Make into patties and cook. Throw bacon bits on the mashed cauliflower for extra fats.

TUESDAY

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: Low-Carb Meatloaf with Salad

Use left over meal prep from yesterday's dinner.

KETO: You can make this a cobb salad by adding boiled eggs, cheese, and high-fat dressing like blue cheese.

Dinner: Tex-Mex Casserole

Prepare tacos as you normally would using 80/20 ground beef then add 8 oz drained crushed tomatoes.. Pour into casserole dish. Top meat with green onions, chopped fresh cilantro, jalapenos and cheese. Heat in oven 400 degrees to melt cheese approx. 15-20 minutes. Serve and top with sour cream and quacamole.

AIP: Brown ground beef in skillet. Add in ¼ cup diced onion, chopped fresh cilantro, and salt to taste. Spoon mixture over lettuce and top with fresh avocado slices.

WEDNESDAY

Breakfast: Keto Breakfast Fat Bombs or AIP Ground Pork Pattie with Sauteed Veggies

Use meal prep from earlier in the week. Combine with a Keto or AIP coffee.

Lunch: Tex-Mex Cassarole

Use leftover meal prep from yesterday's lunch.

Dinner: Chicken or Shrimp Fried "Rice" (6-8 servings)

Ingredients:

- 1 pound of sauteed chicken breast or shrimp, pre-cooked & diced
- 2 packages of steam-in-the-bag riced cauliflower, pre-steamed
- ½ cup of coconut oil or butter
- Stalk of green onions, diced
- ¼ cup of soy sauce (or coconut aminos if AIP)
- 4 eggs, beaten (Omit if AIP to make more of a stir fry with cauliflower rice)

Instructions:

- Heat enough oil to cover the bottom of wok or large skillet on medium-high.
- Quickly stir-fry your green onions. Watch closely so as not to burn.
- Add your steamed riced cauliflower; fry about 1 minute, stirring constantly until it begins to color a bit. Don't overcook or it might get mushy.
- Stir in your meat and soy sauce. Stir-fry until somewhat browned. Push everything to one side of the wok.
- Pour the eggs into the other side; let them cook until still they start to congeal & harden.
- Mix the scrambled eggs into the "rice", breaking up any large chunks of egg.
- If you're mixing in a handful of peas or carrots, do so now.

Recipe Credit: Ryan Luedecke aka MrSkinnyPants.com

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: Chicken or Shrimp Fried Rice

Use leftovers from dinner meal prep

Dinner: Fish or Steak with Roasted Veggies

Cook fish or steak your favorite way. Make extra for meal prep. 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: Keto Breakfast Fat Bombs or AIP Ground Pork Pattie with Sauteed Veggies

Use meal prep from earlier in the week. Combine with a Keto or AIP coffee.

Lunch: Fish or Steak Tacos

Use leftover fish or steak from yesterday's dinner. Cut into thin slices. Use bibb lettuce as your "taco shell" and fill with meat, chopped veggies, chopped cilantro, and avocado slices

KETO: You can also use salsa, cheese, and sour cream.

Dinner: AIP Chicken Casserole (4-6 servings)

Ingredients:

- 2 pounds pre-cooked, shredded chicken
- 2 cans, coconut milk (full fat version)
- 4 eggs
- 1/2 cup coconut oil
- ~2 cups steamed broccoli, chopped
- ~3 cups steamed cauliflower, chopped
- Salt & Pepper

Optional Keto toppings: Shredded cheese, diced jalapenos, diced mushrooms, Sriracha sauce.

Instructions:

Preheat oven to 350F.

Combine your 4 eggs and 2 cans of full fat coconut milk into a large plastic mixing bowl. Add salt & pepper to taste. Whisk it all together.

Pour 1/2 cup of coconut oil into large wok and heat on med/high till it shimmers and pops. Add your chicken, broccoli, and cauliflower. Saute for 5 minutes, stirring often. Remove from heat.

Combine all casserole ingredients in 15 x 10 rectangular, glass baking dish (or similar).

Make sure the mixture is spread evenly and all the contents are covered. Place the casserole in the oven and bake for 40 minutes. Remove from the oven and let it cool for 10 minutes so it can thicken.

Recipe Credit: Ryan Luedecke aka MrSkinnyPants.com

SATURDAY

Breakfast: Choose Your Favorite Breakfast

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

Lunch: Stuffed Peppers

Recipe: <https://www.castironketo.net/blog/keto-stuffed-peppers>

AIP: You can make a variation of this by omitting the paprika, pepper, tomato paste, diced tomatoes, and cheese. Mix all other ingredients together to flavor the beef and pour over a bed of sautéed AIP approved veggies.

Dinner: Wings with Veggies

Pan-fry, deep fry, bake or air fry chicken wings until crispy. Chop up raw veggies like celery or bell peppers to eat with a ranch/blue cheese dip (Keto) or make a side salad using oil/vinegar.

AIP: Toss in sugar-free BBQ sauce or just season with your favorite spices and salt.

KETO: You can also toss in buffalo sauce or try tossing in garlic butter then sprinkle with grated parmesan.

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 with steak or chicken with broccoli or a bun-less burger with salad.

Dinner: Pot Roast with Bacon-infused Greens

Cook roast as you normally would using crock-pot/instapot or roast in oven. If you need a recipe try this one: <https://www.castironketo.net/blog/keto-pot-roast>

Fry 6 strips of bacon in pan. Remove bacon and leave drippings. Toss in collard or turnip greens (no thick stems, just the leafy parts if using fresh or can use frozen) into the hot oil. Allow greens to cook down until desired texture. Crumble cooked bacon over the top.

DESSERTS

1. Two Ingredient Peanut Butter Cookies

Ingredients:

- 1 cup, all natural peanut butter (the kind that's runny at the top of the jar with only 1 ingredient - peanuts)
- 1 egg

Instructions:

1. Preheat oven to 300 F
2. Pour 1 cup peanut butter into a two cup Pyrex mixing cup. Crack in 1 egg and then furiously stir it together with a fork. (If you want it to have a little sweetness add few drops stevia) Should start to resemble cookie dough.
3. Roll the dough into balls and then press them flat into cookies on a greased cookie sheet.
4. Bake for 10 minutes at 300F.

Recipe Credit: Sarah Wilson of IQuitSugar.com

2. Dairy-Free Strawberry Ice Cream

Recipe: <https://paleoflourish.com/easy-paleo-strawberry-ice-cream-recipe-dairy-free/>

Great AIP dessert! To keep carbs low, replace the honey with stevia drops.

DRINKS

1. **Bulletproof Coffee** (hot or iced) -
AIP: Use unsweet coconut creamer found in dairy section and ½ - 1 TBS MCT Oil in your coffee with sweetener of choice
KETO: Use 1TBS butter and ½ -1 TBS 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.

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).