

Week 5 AIP/Keto Food List

This list does not include the optional desserts and snacks

PRODUCE

Green Bell Peppers (KETO only)
Onions
Green onion
Cauliflower (riced in bags - fresh or frozen)
Broccoli
Zucchini
Tomatoes (KETO only)
Mushrooms
Avocado (and pre-made guacamole if you're doing tacos)
Salad greens (including bibb lettuce)
Berries (your choice)
Cilantro
Collard or Turnip Greens

DAIRY/EGGS (KETO ONLY)

Eggs
Heavy Cream
Butter
Shredded cheese
Sour Cream
Unsweet Almond milk
Cream Cheese

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

Ground Beef (80/20)

Steak and Pot Roast

Salmon (or your favorite fish)

Pork Chops

Chicken breast and wings

PANTRY

Olive or Avocado oil

MCT oil (for bulletproof coffee)

Mayo (full fat version for KETO)

Apple Cider Vinegar

Pork Rinds

Dill Pickle Relish

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, Paprika)

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