

Week 6 AIP/Keto Meal Plan

MONDAY

Breakfast: Low Carb-Breakfast Cassarole or AIP Ground Pork Pattie with Sauteed Veggies

RECIPE: <https://www.wholesomeyum.com/recipes/low-carb-breakfast-casserole-with-sausage-cheese-gluten-free/>

This casserole can be adjusted to fit your tastes. Consider adding taco seasoning and jalapenos to give it a Mexican flavor. Top with sour cream and salsa.

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

Lunch: Tuna 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 Shephards Pie

RECIPE: <https://www.tasteaholics.com/recipes/low-carb-keto/low-carb-shepherds-pie/>

AIP: Eliminate the heavy cream and cheese, instead use ½ tablespoon of coconut oil to whip the mashed cauliflower. Omit the tomatoes. Make extra for meal prep.

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 Shephards Pie

Use left overs from meal prep.

Dinner: Taco Salad Tuesday

Keot: Prepare tacos as you normally would using 80/20 ground beef. Serve on a bed of lettuce with sour cream, guacamole, cheese, and salsa.

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: Low Carb-Breakfast Cassarole or AIP Ground Pork Pattie with Sauteed Veggies

Use meal prep from earlier in the week.

Lunch: Chef Salad

On a bed of lettuce toss on your favorite toppings including ham, chicken, olives, mushrooms, etc.

Keto: You can also use cheese, pepperoni, and a high-fat dressing

AIP: Toss your greens in your favorite oil and vinegar

Dinner: Hamburger Green Bean Skillet

RECIPE: <https://lowcarbyum.com/hamburger-green-bean-skillet/>

Omit the water chestnuts to keep it Keto and AIP compliant. Make extra for meal prep.

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: Hamburger Green Bean Skillet

Use leftovers from dinner meal prep

Dinner: Fish or Shrimp with Cauliflower Rice

Cook fish or shrimp your favorite way. Make extra meat for meal prep. Heat 1 tablespoon of oil in skillet, toss in 1 bag of frozen cauliflower rice and cook until desired consistency.

FRIDAY

Breakfast: Low Carb-Breakfast Cassarole or AIP Ground Pork Pattie with Sauteed Veggies

Use meal prep from earlier in the week.

Lunch: Fish or Shrimp Stirfry

Use leftover fish or shrimp from yesterday's dinner. Cut up veggies and stirfry in skillet

Dinner: Marinated Greek Pork Tenderloin with Roasted Veggies

RECIPES: <https://meatified.com/marinated-greek-pork-tenderloin-aip/>

Cut up your favorite veggies and place on cookie sheet. Drizzle with olive oil and place in over at 400 degrees for 20 minutes.

SATURDAY

Breakfast: Choose Your Favorite Breakfast

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

Lunch: Broccoli and Cauliflower Salad

Recipe: <https://www.cookingclassy.com/broccoli-cauliflower-salad/>

Keto: Omit honey, and use stevia instead of sugar.

AIP: Use coconut yogurt, omit honey, mayo, and use stevia instead of sugar.

Dinner: Choose Your Favorite Dinner or Eat Out

Use the Keto take out menu to dine at your favorite restaurant tonight.

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: Lemon Chicken With Asperagus

RECIPE: <https://www.asaucykitchen.com/one-pan-lemon-chicken-with-asparagus/>

Use coconut flour instead of tapioca flour.

AIP: Omit black pepper

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).

DESSERTS

Keto Cheesecake

RECIPE: <https://www.wholesomeyum.com/recipes/low-carb-cheesecake-keto-gluten-free-sugar-free/>