

AIP MEAL PLAN

+

SHOPPING LIST



MEAL PLAN (2 servings per meal)

Tip:

Leftovers make wonderful snacks! If you find yourself with too much food, wrap it up and refrigerate.

	Breakfast	Lunch	Dinner
Sunday	<u>Loaded Sweet Potatoes</u> (double recipe)	<u>Chicken Bake with Artichokes & Green Olives</u> + salad greens	<u>Pressure Cooker Chicken & Vegetable Soup</u>
Monday	<u>Breakfast Stack + Easy Veggie Scramble</u>	<u>Pressure Cooker Chicken & Vegetable Soup</u>	<u>Chicken Bake with Artichokes & Green Olives</u> + salad greens
Tuesday	<u>Breakfast Stack + Easy Veggie Scramble</u>	<u>Smoked Salmon Salad with Zucchini Noodles</u>	<u>Meatballs with Nomato Sauce + Cauliflower Rice & Bok Choy</u>
Wednesday	<u>Green Breakfast Smoothie Bowl</u> (double recipe) + any leftover food you may have from previous days	<u>Meatballs with Nomato Sauce + Cauliflower Rice & Bok Choy</u>	<u>Sage Pulled Pork + Ratatouille</u>
Thursday	<u>Breakfast Hash casserole</u> (double recipe) + bacon	<u>Sage Pulled Pork + Ratatouille</u>	<u>Butternut Squash - Carrot - Ginger Soup</u> + cooked ground meat of choice
Friday	<u>Breakfast Hash Casserole</u> + bacon	<u>Butternut Squash - Carrot - Ginger Soup</u> + leftover pulled pork	<u>Baked Cod with Spring Vegetables</u>
Saturday	<u>Baked Cod with Spring Vegetables</u>	<u>Butternut Squash - Carrot - Ginger Soup</u> + cooked ground meat of choice	<u>Baked Spaghetti Squash Carbonara</u>



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Vegetables and fruit:

Avocado - 3
Baby bok choy - 2
Beets, golden - 2 medium
Beets, red - 2 medium
Butternut squash, chopped - 2½ pounds + 3 cups
Butternut squash, shredded - 6 cups
Carrots - 2¾ pounds
Cauliflower, small - 1
Celery, sliced - 1 pound
Cilantro, chopped - ½ cup
Cucumber, diced - 1 cup
Garlic cloves - 6
Ginger, ¾-inch fresh knob
Large mushrooms (such as portobello) - 4
Leeks - 1 pound + 4 cups
Lemon juice - 8 teaspoons
Lemon, whole - 4
Mangos - 2
Oranges - 2
Parsley, chopped - ¼ cup
Red cabbage, chopped - 3 cups
Scallions, chopped - 1⅓ cups
Spaghetti squash - 1 (about 3½ pounds)
Spinach - 4 cups
Strawberries, chopped - 1 cup
Sweet potato - 1
Yellow onion - 6
Yellow summer squash - 1 whole + 4 cups chopped
Zucchini, whole - 3
Zucchini noodles - 6 cups

Extra:

Arugula
Mixed greens



Mixed berries
Scallions
Cilantro

Proteins:

Bacon - 2½ pounds
Bacon bits - 4 tablespoons
Chicken, breasts - 1 pound
Chicken, whole - 1
Cod fillets - 1½ pounds
Ground beef - 1 pound
Ground bison - 1 pound
Ground meat of choice - 1 pound
Ground turkey - 1 pound
Pork shoulder - 4 pounds
Smoked salmon - ½ pound

Pantry:

Apple cider vinegar
Applesauce - ⅔ cup
Artichoke hearts - 1 (14-ounce) can
Black olives - 1 cup
Butternut squash puree - 1 (15-ounce) can
Chicken broth - 4 quarts
Coconut aminos
Coconut butter - 4 teaspoons
Coconut flakes
Coconut milk - 3 (14-ounce) cans
Coconut oil
Extra-virgin olive oil
Garlic-stuffed green olives - 1½ cups
Gelatin powder
Mushrooms - 1 (4-ounce) can

Herbs and spices:

Basil, dried
Cinnamon powder



Dill, dried
Marjoram, dried
Oregano, dried
Sage, dried
Sea salt
Tarragon, dried
+ Fresh rosemary and thyme