

## AIP Shopping List

| <b>Protein</b>   | <b>Produce</b>   | <b>Pantry</b>   |
|--|--|---|
| <ul style="list-style-type: none"> <li>• 1 container Bone Broth, chicken or beef</li> <li>• 5, 4-oz. Chicken Breasts</li> <li>• 1 carton Coconut Milk</li> <li>• 3-4 Coconut Milk Yogurts (individual serving size)</li> <li>• 1 dozen Eggs</li> <li>• 1 package/1 lb. Ground Beef or Ground Turkey, lean</li> <li>• ½ lb. Ham</li> <li>• 2 packages Lox</li> <li>• 1 Pork Chop</li> <li>• 2 Pork Sausages</li> <li>• ½ lb. sliced deli Turkey</li> <li>• 8-10 oz. Whitefish Fillet</li> </ul> | <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• 1 bunch Asparagus</li> <li>• 2 Avocados</li> <li>• 2 small Beets, whole</li> <li>• 1 bunch Bok Choy</li> <li>• 1 head Broccoli</li> <li>• 2 bags Carrots</li> <li>• 2 heads Cauliflower</li> <li>• 2 bags Cauliflower Rice</li> <li>• 1 bunch Celery</li> <li>• 1 Cucumber</li> <li>• 2 small Fennel Bulbs</li> <li>• 2 Green Onions</li> <li>• 2 bulbs Kohlrabi</li> <li>• 1 Leek</li> <li>• 1 container Mixed Greens/<br/>Watercress/Arugula</li> <li>• 1 package Mushrooms</li> <li>• 1-2 Parsnips</li> <li>• 3 bags Spinach</li> <li>• 2 Summer Squash</li> <li>• 4-6 Sweet Potatoes</li> <li>• 3-4 Zucchini</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>• 2-3 Apples (or more)</li> <li>• 2 Bananas/<a href="#">AIP-friendly fruits of choice</a> like Clementines or Kiwis</li> <li>• 1 bunch Grapes</li> <li>• 1 Melon</li> <li>• Mixed Berries (Raspberries, Blackberries, Strawberries, Blueberries)</li> </ul> | <ul style="list-style-type: none"> <li>• Apple Cider Vinegar</li> <li>• Balsamic Vinegar</li> <li>• Basil</li> <li>• Coconut, dried</li> <li>• Dill</li> <li>• Dried Fruit</li> <li>• Cinnamon</li> <li>• Coconut Aminos</li> <li>• Coconut Flour</li> <li>• Ginger Powder</li> <li>• Honey</li> <li>• Maple Syrup</li> <li>• Olive Oil</li> <li>• Onion/Garlic Powder</li> <li>• Parsley</li> <li>• Pickled/Fermented Vegetables</li> <li>• Psyllium Husk Powder</li> <li>• Thyme</li> <li>• Tomatoes, canned chopped</li> <li>• Tomato Paste</li> </ul> |