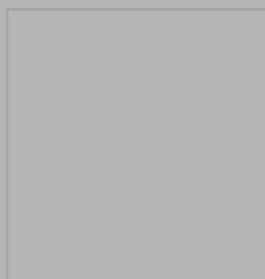

Appendix

SHOPPING LISTS



ESSENTIALS

These are general kitchen essentials that are good to have on hand. You can make quick-and-easy meals with these when you need to, and you'll probably end up using these things somewhat regularly.

Meat

Ground beef
Whole chicken
Eggs*
Canned sardines or salmon
(in olive oil or water)

Produce

Cauliflower
Green beans
Broccoli
Kale
Carrots
Onion
Mixed greens (for salad mix)
Avocado

Herbs/Spices

Salt
Black pepper*

Rosemary
Basil
Thyme
Oregano
Garlic powder
Ginger
Chili powder*
Cayenne pepper*
Turmeric

Oils/Cooking fats

Coconut oil
Olive oil
Butter or ghee (optional)*

Other

Coconut aminos
Apple cider vinegar
Balsamic vinegar

* = not AIP-friendly

These are the shopping lists for the ingredients to make the recipes as listed in the book for the various weeks and meal plans. Feel free to substitute or swap items and adjust quantities for your needs. This is definitely not something that is set in stone, and should be adjusted to the individual or family depending on preferences, health requirements, and how many servings you need.

EXAMPLE SHOPPING LIST FOR PALEO WEEK 1

This list corresponds with the meal plan on page 178.

Meat

1½ pounds chicken thighs or breasts
2 pounds flank steak
1 pound clams or mussels
½ pound baby scallops
½ pound shrimp
½ pound halibut
¾ pound bulk sausage (ground, not sausage links)*
12 large eggs*
1 (4- to 5-pound) whole chicken

Produce

3 yellow onions
1 pound okra
3 tomatoes
2 heads cauliflower
2 heads broccoli

3 sweet potatoes
1 fennel bulb
2 cups diced tomatoes (4 fresh tomatoes, or 1 14.5-ounce can of diced tomatoes)
2 cups fresh spinach
1 small head of cabbage (napa, green, or red—or any combination)
3 carrots
4 green onions
2 cups snow peas (about 10 ounces)
1 orange
1 lemon
1 smaller piece fresh ginger

Spices/Herbs

Garam masala
Ground ginger (or 1 tablespoon grated fresh ginger)
2 heads garlic

* = not AIP-friendly

Ground turmeric
Red pepper flakes (optional)*
Fresh cilantro
Salt
Fresh parsley
Fresh oregano
Fresh rosemary
Black pepper*
Fresh chives
Cinnamon (Ceylon cinnamon is better than cassia)
Curry powder*
Dried oregano
Dried basil
Bay leaves
Garlic powder
Smoked paprika*

Oils/Cooking fats

Ghee (optional)*
Olive oil
Coconut oil

MCT oil
Avocado oil (or light olive oil)

Other

Unsweetened coconut yogurt (or Greek yogurt, if you tolerate dairy, or coconut cream if you can't find either)
Tomato paste*
2 (13.5-ounce) cans coconut milk (Aroy-D is a great brand and also can be found in 8.5-ounce or 33.8-ounce boxes instead of a can)
Apple cider vinegar
1 (8-ounce) bottle clam juice
1 (750ml) bottle dry white wine (optional)*
6 cups fish stock or chicken stock
Bag of slivered almonds (or ½ cup if buying from the bulk bins)*
Coconut aminos
Fish sauce
Unseasoned rice vinegar*

EXAMPLE SHOPPING LIST FOR PALEO WEEK 2

This list corresponds with the meal plan on page 179.

Meat

4 pounds chicken (breast or thigh)
4 pounds grass-fed ground beef

12 bacon slices (use AIP-friendly for AIP)
2 pounds shrimp (or chicken breasts or thighs)

* = not AIP-friendly

Produce

- 1 sweet onion
- 2 yellow or red onions
- 2 heads garlic
- 2 large heads cauliflower
- 6 limes
- 3 kaffir lime leaves (or 2 additional limes)
- ½ teaspoon capers
- 12 ounces button mushrooms
- 10 zucchini
- 3 yellow squash (or 3 additional zucchini)
- 3 ripe avocados
- 1 serrano pepper or jalapeño*
- 1 or 2 Thai chiles*
- 2 red bell peppers*
- 1 pound asparagus
- 1 (2-inch) piece fresh ginger
- 1 cup sliced button mushrooms
- 2 (28-ounce) cans San Marzano or other canned tomatoes*
- 4 green onions

Spices/Herbs

- Sea salt
- Garlic powder
- Fresh rosemary
- Fresh basil (½ cup)
- Fresh cilantro (½ cup)
- 1 stalk of lemongrass
- ¼ cup fresh parsley

Oils/Cooking Fats

- Coconut oil
- Butter or ghee (optional)*
- Olive oil

Other

- 6 cups chicken stock
- 4 (13.5-ounce) cans full-fat coconut milk
- Balsamic vinegar
- Fish sauce
- Red curry paste
- Almond butter (unsweetened)
- Honey (optional)

* - not AIP-friendly

EXAMPLE SHOPPING LIST FOR AIP WEEK 1

This list corresponds with the meal plan on page 180.

Meat

4 pounds boneless chicken breasts or thighs

½ pound bacon (make sure ingredients are AIP-friendly)

2 pounds ground lamb

4 (6-ounce) pieces cod or any other mild white-fleshed fish

Produce

6 lemons

2 limes

3 heads garlic

2 large heads cauliflower

4 cups collards greens

2 cups dandelion greens

4 cups kale

2 pounds parsnips

2 onions

2 carrots

7 zucchini

4 yellow squash

1 cucumber

1 cup button mushrooms

1 12-ounce bag broccoli slaw, or
3 cups broccoli stalks

2 small shallots

2 bunches green onions

Spices/Herbs

Salt

Fresh rosemary

Fresh sage

Fresh dill

Dried oregano

Fresh parsley

Fresh basil

Dried basil

Oils/Cooking Fats

Olive oil

Coconut oil

Butter or ghee (optional)

Other

5 cups chicken stock

Balsamic vinegar

2½ cups beef stock

* = not AIP-friendly

Umeboshi paste (optional)
1 (13.5-ounce) can coconut milk

Red wine vinegar
1 cup unsweetened coconut milk
yogurt

EXAMPLE SHOPPING LIST FOR AIP WEEK 2

This list corresponds with the meal plan on page 181.

Meat

2 pounds grass-fed ground beef
2 pounds chicken breast or thighs
1½ pounds pork chops or cutlets
1 pound shrimp
1 (6-pound) standing rib roast

Produce

2 medium and 1 large onions
3 ripe avocados
1 lime
2 heads garlic
1 large parsnip
2 carrots
4 celery stalks
1 pound okra
2 peaches
Broccoli florets (2 cups, or 1 bag)

1½ pounds button mushrooms
8 ounces fresh water chestnuts
1 head cauliflower
2 heads broccoli

Spices/Herbs

Salt
Kosher salt
Ground turmeric
Garlic powder
Onion powder
Dried oregano
Dried thyme
Fresh thyme
Dried parsley
Fresh parsley
Dried cilantro
Fresh cilantro
Dried chives

* = not AIP-friendly

1 bay leaf
Ground ginger
Fresh rosemary
Fresh oregano

Oils/Cooking Fats

Coconut oil
Olive oil
Bacon fat (optional)

Other

4¼ cups chicken stock
½ cup beef stock
Apple cider vinegar
Fish sauce
Coconut aminos

EXAMPLE SHOPPING LIST FOR KETO TRANSITION WEEK 1

This list corresponds with the meal plan on page 235.

Meat

1½ pounds chicken (breast or thighs)
2 pounds strip steak
1 pound pork cutlets or pork chops (about ½ inch thick or less)
12 ounces bacon
1 (10-ounce) can clams
½ pound small sea scallops
1 pound wild-caught cod or other white-fleshed fish
1 (4- to 5-pound) whole chicken

Produce

1 onion
2 yellow onions
3 cups sliced mushrooms
1 pound button mushrooms
2 heads garlic
1 pound zucchini or yellow squash
2 cups fresh spinach
2 pounds Brussels sprouts
2 large heads cauliflower
4 cups collards greens
2 cups dandelion greens
4 cups kale

** = not AIP-friendly*

Spices/Herbs

Salt
Black pepper*
¼ cup fresh basil
Garlic powder
Ground fenugreek
Onion powder
Cinnamon (Ceylon cinnamon is better than cassia)
1 tablespoon fresh rosemary
Dried thyme
Fresh thyme
Smoked paprika

Oils/Cooking Fats

Olive oil
Coconut oil
Duck fat (optional)
Butter or Ghee (optional)

Other

3 (13.5-ounce) cans coconut milk
1½ cups chicken stock
½ cup beef stock
Balsamic vinegar
¼ cup sun-dried tomatoes
1½ cups chicken or fish stock
2 cups clam juice
Coconut aminos

EXAMPLE SHOPPING LIST FOR KETO TRANSITION WEEK 2

This list corresponds with the meal plan on page 238.

Meat

4 to 5 pounds beef short ribs
2 pounds skin-on salmon fillet, cut into 6 even portions
3 pounds bone-in, skin-on chicken thighs and drumsticks
1½ pounds cooked turkey, chicken, steak, pork, or any meat of your choosing

6 large eggs*
2 pounds wild-caught shrimp

Produce

2-inch piece fresh ginger
1 sweet yellow onion
2 oranges
3 lemons

* = not AIP-friendly

2 limes
10 heads garlic
1 stalk lemongrass
1 bunch green onions
2 large heads cauliflower
Salt
2 tablespoons fresh chives
2 small heads green or red cabbage
3 carrots
2 cups snow peas
1 spaghetti squash

Spices/Herbs

1 cinnamon stick (Ceylon cinnamon is better than cassia)
Whole cloves*
¼ cup fresh dill
¼ cup fresh parsley
Garlic powder
Dried oregano
Dried thyme
Fresh rosemary
Dried rosemary
1 cup fresh basil
¼ cup fresh cilantro
1 Thai chile, or ¼ teaspoon red pepper flakes (optional)*

Oils/Cooking Fats

Coconut oil
Olive oil
Avocado oil or light olive oil
Butter or ghee (optional)
MCT oil

Other

Coconut aminos
2 cups beef stock
2½ cups chicken stock
Umeboshi paste (optional)
Unseasoned rice vinegar
1 cup pickle juice
1/2 cup arrowroot powder
2 cups plain chicharrónes (pork rinds)
½ cup slivered almonds*
Fish sauce
¼ cup pine nuts, walnuts, or other nuts of your choosing
1 (13.5-ounce) can coconut milk

* = not AIP-friendly

EXAMPLE SHOPPING LIST FOR FULL-ON KETO WEEK 1

This list corresponds with the meal plan on page 239.

Meats

- 1 pound ground pork
- 1 (4-pound) bone-in pork butt
- 6 large eggs
- 1½ pounds skin-on wild-caught salmon fillets (4 to 6 fillets)
- 4 (6-ounce) halibut or other firm white-fleshed fish fillets
- 1½ pounds beef heart
- ¼ pound beef liver
- ½ pound bacon
- 1 pound ground beef

Produce

- ½ cup mushrooms, diced
- 1 cup button mushrooms
- 2 onions
- 2 heads garlic
- 1 (3-inch) piece fresh ginger
- 3½ ounces fresh shiitake mushrooms, sliced
- 7 heads baby bok choy
- ½ cup green onions
- 1 lime
- 1 head cauliflower
- 2 heads broccoli

Spices/Herbs

- Kosher salt
- Salt
- Pepper*
- Garlic powder
- Garlic salt
- Celery salt*
- Dried rosemary
- Dried basil
- Juniper berries*
- Ground turmeric

Oils/Cooking Fats

- Coconut oil
- Olive oil
- Butter or ghee (optional)
- Sesame oil*

Other

- Coconut aminos
- Rice vinegar
- Fish sauce
- ½ cup macadamia nuts
- Balsamic vinegar

* = not AIP-friendly

EXAMPLE SHOPPING LIST FOR FULL-ON KETO WEEK 2

This list corresponds with the meal plan beginning on page 239.

Meats

- 2 pounds lamb chops
- 2 pounds pork tenderloin (about 2 tenderloins)
- 1 (3-pound) beef brisket
- 1 (4- to 5-pound) whole chicken
- 1½ pounds tail-on shrimp
- 1 pound beef sirloin or top round steak

Produce

- 2 heads garlic
- 1 orange
- 3 lemons
- 3 limes
- 1 avocado
- 1 pound mixed greens
- 2 pounds asparagus
- 3 leeks
- 2 shallots
- 2 pounds zucchini or yellow squash (or a combination)
- 5 or 6 large carrots (about 1½ pounds)
- 1 pound radishes
- 1 pound Brussels sprouts

- 2 heads cauliflower
- 2 cups mushrooms, sliced
- 2 heads baby bok choy
- 1 (1-inch) piece fresh ginger
- 4 green onions

Spices/Herbs

- Salt
- Kosher salt
- Black pepper*
- Garlic powder
- Fresh cilantro
- Fresh rosemary
- Fresh dill
- Fresh chives
- Fresh parsley
- Fresh thyme
- Horseradish
- Fresh mint
- Ground turmeric

Oils

- Olive oil
- Coconut oil

* = not AIP-friendly

Butter or ghee (optional)

MCT oil

Other

Red wine vinegar or sherry vinegar

Tamarind paste

1¼ cups beef stock

2½ to 3 cups chicken stock

Coconut aminos

Apple cider vinegar

Arrowroot powder

* = not AIP-friendly