

AIP Budget Friendly Shopping List

From Michelle Hoover at UnboundWellness.com

VEGETABLES

Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Celery
Chard
Kale
Lettuce
Leeks
Onions
Plantains
Spinach
Squash
Sweet Potato
Zucchini

MEAT

Wild Caught Canned
Sardines
Wild Caught Canned Tuna
Wild Caught Salmon
Beef (grass-fed)
-- ground
-- liver
-- bones
-- etc.
Chicken (pasture raised)
-- whole
-- liver
-- etc.
Pork (pasture raised)

FRUITS

Wild Frozen Berries
Apples
Bananas
Pears
etc.

FATS

Avocado
Animal Fats (pasture raised)
Coconut oil
Olive Oil

PANTRY STAPLES

Cassava Flour
Coconut milk
Sea salt
Dried Cilantro
Coconut butter
Ginger Powder
Garlic Powder
Dried Parsley
Onion Power
Dried Sage
Tapioca Starch
Turmeric Powder