



**BUCKETTE**

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## How to Eat AIP the Easy, Economical Way

### Food Tips and Ideas

1. Budget-friendly meat choices
  - a. Tougher cuts that need to be slow-cooked, like short ribs, pork shoulder, beef brisket, stew meat, and beef shank.
  - b. Unusual cuts that most shoppers don't know about, like beef merlot steak, pork top sirloin steak, lamb shoulder chop, and beef cheeks.
  - c. Organ meats, which are the most nutrient-dense and highly recommended on the AIP.
  - d. Chicken thighs, which are often overlooked in favor of the more popular and expensive chicken breasts. And bone-in is usually cheaper than boneless.
  - e. Lastly, ground meat in general is a great budget choice. (Here's an AIP ground meat recipe roundup.)
  - f. Also ask your local grocery stores about their meat mark-down days. Most of them offer big discounts within a day or two of the “best by” dates. The meat is still good, but it's now also a good deal. Just pop it in the freezer when you get home, to keep it well-preserved until you're ready to cook it.
  - g. Canned seafood
2. Frozen vegetables, fruits, and meats
3. Clean Fifteen and Dirty Dozen

How to keep it easy for breakfast, lunch, or dinner!

### One Pan Meal Ideas

Preheat the Oven to 400 degrees

| Choose a meat  | Choose your side          | Choose your spices |
|----------------|---------------------------|--------------------|
| Bacon or Ham   | Sliced White Sweet Potato | Garlic Powder      |
| Chicken Thighs | Brussel Sprouts           | Onion Powder       |
| Sausage        | Butternut Squash          | Oregano or Basil   |
| Beef Brisket   | Cauliflower or Carrots    | Sea Salt           |

Place the desired vegetables in a bowl and toss with olive oil and spices, then place on a sheet tray. Arrange the meat on a wire rack and place this on top of the prepared vegetables. Bake until crisp (about 30 minutes).

Even easier, throw all ingredients into a slow cooker with 1 cup bone broth and cook for 8 hours on low.