

The Autoimmune Meal Prep Challenge

MINI FREEZER MEAL PLAN

3 dump-and-go meals that you can freeze *without* cooking
(Gluten-free, Paleo, and AIP-friendly)



Thriving  Autoimmune

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RECIPES IN THIS PLAN:

1. Beef Stew
2. Italian Chicken Sheet Pan Supper
3. Maple Pulled Pork

HOW TO USE THIS PLAN:

This plan is for prepping 3 meals at one time that you can store in your freezer and take out when needed.

You simply add the ingredients to a freezer bag or container without having to cook anything and then place the bags in your freezer for up to 3 months. When you need the meals, you thaw the bags and then cook.

The first 2 meals serve 4-6 people and the last is a bit more with 6-8 servings - however if you don't want to freeze meals for that many (like if you are making this just for yourself), you can always split these up into multiple meals and then have more meals from one freezer cooking session! Just increase the number of bags you'll use and divide the ingredients between each bag accordingly.

The last meal (the Maple Pulled Pork) is one of those recipes though that freezes beautifully AFTER cooking, so you can make this as a dump-and-go freezer meal now, then cook it when you need a meal. Then you can freeze the LEFTOVERS in individual serving sizes (usually about 3-5 oz) that you can easily take out of the freezer, thaw or reheat quickly on the stove or in the microwave, and add to any meal!

The Beef Stew in this plan has multiple ways of cooking - stove, slow cooker, or Instant Pot. This gives you a variety of options depending on what you have available to you. The other recipes are a bit more specific in their cooking style.

But that's it - simply dump stuff into a bag, freeze, thaw, and then cook! (The first recipe in this particular plan doesn't even require thawing if using an Instant Pot!)

Note: To thaw these meals it's best to remove them from the freezer and thaw in the fridge overnight or a few days ahead of time (up to 4 days ahead). You can quick-thaw these if you need them immediately by placing in a bowl of hot water.

SHOPPING LIST FOR ALL 3 MEALS:

The number in parenthesis "()" represents the recipe number that it's for.

Meats and Seafoods:

- 2 lb Beef Stew Meat (1)
- 1.5 lb boneless, skinless Chicken Thighs or Breasts (2)
- 2-4 lb Pork Shoulder or Butt (3) (or Beef Chuck Roast)

Fresh Produce:

- 3 Yellow Onions (1, 2, 3)
- 3 stalks Celery (1)
- 2 Sweet Potatoes (1)
- 4 cloves Garlic (1, 2)
- 1 bunch Asparagus (2)
- 8 oz sliced Baby Bella or white mushrooms (2)

Herbs and Spices:

- Sea Salt
- 1 tsp dried Thyme (1)
- 1 tsp dried Rosemary (1)
- 1 Bay Leaf (1)
- 2 tsp Italian Seasoning (2)
- 1 tsp dried Basil (2)
- 1 tsp dried Ginger (3)

Canned and Jarred Goods:

- 1 cup pitted and sliced Kalamata Olives (2)
- 2 tbsp Avocado Oil (2)
- 1/2 cup Apple Cider Vinegar or Red Wine Vinegar (3)
- 1/3 cup Maple Syrup (3)

Misc:

- 3 cups Beef Broth (1)

Materials:

- 3 Gallon-sized Freezer Bags (1,2, 3)

THE RECIPES

(1) BEEF STEW



YIELDS

4-6
servings



PREP TIME

10 minutes



COOK TIME

depends on method
1-8 hours

INGREDIENTS

- 2 lb Beef Stew Meat
- 3 stalks Celery, diced
- 2 Sweet Potatoes, peeled and chopped into 1-inch pieces
- 1 Yellow Onion, diced
- 2 cloves Garlic, minced
- 1 tsp Dried Thyme
- 1 tsp Dried Rosemary
- 1 Bay Leaf
- 1 tsp Sea Salt
- 3 cups Beef Broth (you can add this at time of cooking if you don't have room in your bag)

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

TO COOK:

To serve, thaw (*not necessary if using Instant Pot) and do one of the following:

STOVE: Place in a heavy stockpot, bring to a boil, and then simmer over a low flame for 2-3 hours.

INSTANT POT: Cook for 30 minutes at high pressure on the Manual setting. Let the pressure naturally release for at least 10 minutes when the cooking is done.

**Can be cooked from frozen when using the Instant Pot*

SLOW COOKER: Place in a slow cooker and cook for 6-8 hours on low.

**Remove the Bay Leaf when cooking is finished.*

(2) ITALIAN CHICKEN SHEET PAN SUPPER



YIELDS

4-6
servings



PREP TIME

10 minutes



COOK TIME

35 minutes

INGREDIENTS

- 1.5 lb boneless, skinless Chicken Thighs or Breasts, cut into bite-sized pieces
- 1 bunch Asparagus, tough ends removed and chopped into 1-inch pieces
- 1 medium Onion, sliced
- 8 oz Baby Bella or other white mushrooms, sliced
- 1 cup Kalamata olives, pitted and sliced
- 2 cloves Garlic, minced
- 2 tbsp Avocado Oil
- 1 tsp Sea Salt
- 2 tsp Italian Seasoning
- 1 tsp dried Basil

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

Thaw ingredients overnight in the fridge.

Preheat the oven to 375 F. Pour the contents of the bag onto a parchment-lined sheet pan and bake for 30 minutes or until the chicken is done.

T *Additional Tips:*

This is great served over a bed of fresh baby spinach and sprinkled with a bit of nutritional yeast. Additionally, you could also serve over cassava flour pasta or sweet potato noodles. Or just serve as is!

(3) MAPLE PULLED PORK



YIELDS



PREP TIME



COOK TIME

6-8 servings

10 minutes

8-12 hours

INGREDIENTS

- 2-4 lb Pork Shoulder or Butt (Or Beef Chuck Roast for pork-free)
- 1 Yellow Onion, sliced
- 1/3 cup Apple Cider Vinegar (or Red Wine Vinegar)
- 1/3 cup Maple Syrup
- 1 tsp Sea Salt
- 1 tsp dried Ginger

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge.

Pour the ingredients into the slow cooker and cook on low for 8-12 hours (this doesn't tend to overcook so the longer the better) or 6-8 hours if using the beef chuck roast. Remove the pork(or beef) from the slow cooker, shred, and then place back in with the liquid and onions, toss, and serve!

S *Substitution:*

Can't have or don't like pork? You can use a beef chuck roast in place of the pork shoulder in this recipe. It'll be Maple Shredded Beef instead - and I've even provided you with a label for that if you do this!

T *Additional Tips:*

This one is delicious with mashed sweet potatoes (um, who might have those stashed in their freezer?!? 😊), diced roasted sweet potatoes or butternut squash, or over a salad with fresh sliced figs, sliced red onions, avocado, even some crumbled bacon. Yum!

T *Additional Tips:*

You can freeze the cooked leftovers for this very easily! Simply freeze in a freezer safe container or bag. I like to portion it out in 3-5 oz serving sizes (approx 1/2-1 cup) so I can easily just add to some veggies, soup, or a salad later.

THE LABELS

The following are printable labels to add to your meals.

Print these out on regular paper and use clear packing tape to stick to bag. You can alternatively print these out on sticker paper and adhere as well (though this doesn't always seem to stick as well once frozen)

BEEF STEW (GF, Paleo, AIP)

USE BY:

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To serve thaw and: **Remove the Bay Leaf when cooking is finished.*

STOVE: Place in a heavy stockpot, bring to a boil, and then simmer over a low flame for 2-3 hours.

INSTANT POT: Cook for 30 minutes at high pressure on the Manual setting. Let the pressure naturally release for at least 10 minutes when the cooking is done.

SLOW COOKER: Place in a slow cooker and cook for 6-8 hours on low.



Italian Chicken Sheet Pan Supper (GF, Paleo, AIP)

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To serve: Thaw the ingredients overnight in the fridge

OVEN: Preheat the oven to 375 F. Pour the contents of the bag onto a parchment-lined sheet pan and bake for 30 minutes or until the chicken is done.



Maple Pulled Pork (GF, Paleo, AIP)

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Thaw the ingredients overnight in the fridge.

Pour the ingredients into the slow cooker and cook on low for 8-12 hours (this doesn't tend to overcook so the longer the better). Remove the pork from the slow cooker, shred, and then place back in with the liquid and onions, toss, and serve!



Using beef instead of pork? Use this label instead:

Maple Shredded Beef (GF, Paleo, AIP)

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Thaw the ingredients overnight in the fridge.

Pour the ingredients into the slow cooker and cook on low for 6-8 hours. Remove the beef from the slow cooker, shred, and then place back in with the liquid and onions, toss, and serve!



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